Acro-Sense Festival March 2026 Schedule

	starting	finishing		what	who	what	who	what	who	what	who	what	who
Friday	13:00	13:30		Welcomecircle	Everybody								
	13:30	14:00		Warm up	Aleš								
	14:00	14:15	Workshop Demos										
	14:15	15:45	**Slot 1**	Movement	Juliane	Reverse-Birth-Flow	Matthias & Isi	Standing H2H	Tanja & Aleš	Whicarian Flow	Karel & Inez	Strattle front tuck	Ammanda & Tim
	15:45	16:15	Coffee Break										
	16:15	16:30	Demo										
	16:30	18:00	**Slot 2**	Washingmachine hot program: 180°	Tanja & Aleš	Intro to Whips	Karel & Inez	Cartwheel Icarian	Ammanda & Tim	Standing F2H Tricks	Pacôme	Tarzan 360°/ 540°	Julio & Mads
	18.00	19.30	Dinner										
	20:00	open end	Good Evening	Jam till Sunrise									
	20:00	21:30		Cacaoceremony (Aula)	Mira								
	20:00	21:00		Get on your hands	Pacôme								
	21:30	23:00		Contemporary Dance Session (Aula)	Juliane								

	starting	finishing		what	who	what	who	what	who	what	who	what	who
Saturday	07:00	08:00	Good Morning	Yoga-Strech (Yogaraum)	Juliane								
	07:00	08:00		Cacaoceremony (Aula)	Mira								
	08:00	09:30	Breakfast										
	09:30	10:00	Warm up	Warm up	Matthias								
	10:00	10:15	Workshop Demos										
	10:15	11:45	**Slot 1**	Handstand drills	Pacôme	Lefty Loosy	Ammanda & Tim	Dance Acro	Karel & Inez	L-Base H2H Pops	Tanja & Aleš	Linking Icarian	Julio & Mads
	12:00	13:30	Lunch										
				Warm up	DIY								
	14:00	14:15	Workshop Demos										
	14:15	15:45	**Slot 2**	Contemporary Dance	Juliane	Flow away	Tanja & Aleš	F2F Pops	Ammanda & Tim	Colibri	Julio & Mads	Pitching	Pacôme
	15:45	16:15	Coffee Break										
	16:15	16:30	Demo										
	16:30	18:00	**Slot 3**	Standing Intro	Matthias & Isi	Floco	Ammanda & Tim	Fix your Trick	Pacôme	The pike rising pendulum to back rising whippop	Karel & Inez	Arabian	Julio & Mads
	18:00	19:30	Dinner										
	19:30	open end	Good Evening	Jam till sunrise									
	20:00	21:00		Tipps + Tricks	Pacôme								
	20:00	21:30		Massage (Aula)	Tanja								

	starting	finishing		what	who	what	who	what	who	what	who	what	who
Sunday	07:00	08:00	Good Morning	Yoga (Yogaraum)	Lore								
	08:00	09:30	Breakfast										
	09:30	10:00	Warm up	Warm up	Aleš								
	10:00	10:15	Workshop Demos										
	10:15	11:45	**Slot 1**	Intro to Banquine	Matthias, Isi, Steffen, Celina	Twist & Turn	Tanja & Aleš	Whippop	Karel & Inez	Castaway to Secretary	Julio & Mads	Standing Mono Stuff	Pacôme
	12:00	12:15		Closing circle									
	12:15	13:30	Lunch	Goodbye & Looking forward to the next Acro-Sense-Festival 30. October - 01. November 2026									