

Weekindeling (Voorbeeld) - Engels + Dans

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
07:30 - 09:00	Arrival	Wake up/ Breakfast						Theme park	
09:00 - 09:15		Morning meeting							
09:15 - 10:15		Placement testing	Functional language				Progress test		
10:30 - 11:30		Skills Development							
11:45 - 12:45		Projects							
13:00 - 14:00		Lunch							
14:15 - 17:45		Fitness work, flexibility, body alignment) New choreography learning and practice Group choreography With music Cool-down	Corner work, Fitness & flexibility, Floor work & technique, Body alignment & placement, choreography practice Group Work	Corner work Floor work & Technique Step execution New choreography learning and practice Complete set with music Cool-down	Floor work & technique Finish off both routines Group choreography and video analysis	Polish routines and Prepare for evening performance Inject "fun" element Practice with small audience, Performance			
18:00 - 19:30		Dinner							
19:30 - 21:30		Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge	Celebration		Relaxation

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
07:30 - 09:00	Arrival	Wake up/ Breakfast						Departure	
09:00 - 09:15		Morning meeting							
09:15 - 10:15		Placement testing	Functional language				Progress test		
10:30 - 11:30		Skills Development							
11:45 - 12:45		Projects							
13:00 - 14:00		Lunch							
14:15 - 17:45		Corner work Floor work & Technique Step execution New choreography learning and practice Complete set with music Cool-down	Polish routines & Prepare for evening performance Inject "fun" element Practice with small audience, Performance	Floor work & Technique Finish off both routines Group choreography and video analysis	Fitness work, flexibility, body alignment) New choreography learning and practice Group choreography With music Cool-down	Corner work, Fitness & flexibility, Floor work & technique, Body alignment & placement, choreography practice Group Work			
18:00 - 19:30		Dinner							
19:30 - 21:30		Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge	Celebration		