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

Weekindeling (Voorbeeld) - Engels + Dans

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
07:30 - 09:00		Wake up/ Breakfast							
09:00 - 09:15	Arrival	Morning meeting							
09:15 - 10:15		Placement testing	g Functional language						
10:30 - 11:30		Skills Development							
11:45 - 12:45		Projects Pr							
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	Departure		
18:00 - 19:30		Dinner							
19:30 - 21:30	Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge	Celebration			