

Table 1

Saturday	Century Main Hall	Century West Hall
10:00am-10:30am	All Staff - Welcome, Setting Intention	
10:30am-11:00am	Mindful Movement Warmup with Courtney	
11:00am-12:00pm	Break and Refresh	
12:00pm-1:30pm	Sean & Court - Partnered Choreo group 1	Alyssa & Stephen - Partnered Choreo Group 2
1:30pm-2:30pm	Lunch	
2:30pm-4:00pm	Alyssa & Stephen - Partnered Choreo group 1	Sean & Court - Partnered Choreo Group 2
4:00pm-4:45pm	Open Practice, Coaches Feedback, Snacks Groups 1 & 2	
4:45pm-6:00pm	Performance + Lab Groups 1 & 2	
Sunday*	*don't worry fam....	Breaks will exist b/w all classes!
	Century West Hall	Dance Underground
10:30am-11:30am	Courtney - Mindful Movement Warmup Groups 1 & 2 10:30-11:30	
11:30am-12:00pm	Break Group 2 11:30-12:00	Group 1... head to dance underground!
12:00pm-1:30pm	Solo Movement + Alyssa Group 2 12:00-1:30	
12:30pm-1:00pm		Partnered Choreo + Court and Sean Group 1 12:30-2:00
1:00pm-1:30pm		
1:30pm-2:30pm	"How to Practice" Q&A + Stephen Group 2 1:30-2:30	
2:00pm-2:30pm		Solo Movement + Alyssa Group 1 2:00-3:30
2:30pm-3:00pm	Partnered Choreo + Sean & Court Group 2	
3:00pm-3:30pm		
3:30pm-4:00pm		"How to Practice" Q&A + Alyssa & Stephen Group 1 3:30-4:30
4:00pm-4:30pm	Group 2... head to dance underground!	
4:30pm-5:00pm		Performance + Lab Groups 1 & 2 4:30-6:30
5:00pm-5:30pm		
5:30pm-6:00pm		
6:00pm-6:30pm		
6:30pm-7:00pm	Dinner Break	
7:00pm-7:30pm		

Saturday		
7:30pm-8:00pm		
8:00pm-11:00pm	Social Dance & Unwind	