

WEEK TWO 10/23 - 10/27					
Monday		Topic	Coaches	Privates	MOD
8 - 8:15	Gym Open for Warm-Up		Ilana		Ilana
8:15 - 8:45	Pre-hab/Conditioning		Jeremy		
8:45 - 9:15	Drills		Blox, Niko		
9:15 - 9:30	Break				
9:30 - 11:15	Intermediate	Pitching/Tempos	Christine, Ryan		
	Advanced	Reverse H2H 1	Blox, Niko		
	Adv+/Pro	Extended H2H	Micah		
11:15 - 12:15	Lunch				
12:15 - 12:30	Warm Up				
12:30 - 2	Intermediate	Reverse H2H	Niko		
	Advanced	HS on Shoulders	Micah, Ilana	Christine	
	Adv+/Pro	Assym Balances	Blox, Ryan		
2 - 3	Acro Review		Christine	Blox, Niko, Ryan, Micah	
	Clinic	Performance	Mae		
3 - 3:15	Clean Up				
3:15 - 4	Active Flex		Ilana		
	Handstands		Blox		

Tuesday		Topic	Coaches	Privates	MOD
8 - 8:15	Gym Open for Warm-Up		Ilana		Ilana
8:15 - 8:45	Prehab/Conditioning		Jeremy		
8:45 - 9	Drills		Niko		
9 - 10:30	Icarian (all)	Log Rolls/Varials	Ilana, Jeremy	Ryan	
	Acro All	Standing Transitions	Christine, Blox		
	Adv+/Pro	Back Tuck	Niko, Cassie		
10:30 - 10:40	Break				
10:40 - 11:30	Acro Review		Niko	Micah, Cassie	
	Clinic	Spotting/Line Pulling	Blox	Christine, Z	
11:30 - 12:15	Lunch	Coach Meeting			
12:15 - 12:30	Warm Up				
12:30 - 1:30	Tumbling (F)	H2H Stability & Control	Cassie, Z	Blox, Ryan	
	Handstands		Christine	Niko, Micah	
1:30 - 1:40	Break				
1:40 - 3:10	Intermediate	Extended work	Ryan, Ilana	Blox	
	Advanced	H2H	Cassie, Z		
	Adv+/Pro	Goal Focus	Micah, Christine		
3:10 - 3:15	Clean Up		All		
3:15 - 4	ROM Conditioning/Flex		Jeremy/Ilana		

Wednesday		Topic	Coaches	Privates	MOD
8 - 8:15	Gym Open for Warm Up		Ilana		
8:15 - 8:45	Pre-Hab/Conditioning		Jeremy		
8:45 - 9	Drills		Micah		
9:05 - 10:35	Group Work (All)	Swinging	Z, Cassie, Blox		
	Adv+/Pro	Reverse H2H	Micah, Christine		
10:35 - 10:50	Break				

WEEK TWO 10/23 - 10/27					
10:50 - 11:50	Tumbling (A)		Cassie, Z	Micah, Jeremy	
	Acro Refinements		Blox	Christine	
11:50 - 12:35	Lunch		All		
12:35 - 12:50	Warm Up Game	Ja!	Ilana		Ilana
12:50 - 2:20	Acro All	H2H	Christine, Z	Niko	
	Group Work (w/Requirements)	Banquine	Micah, Ilana, Jeremy	Blox	
2:20 - 3:05	Acro Review		Niko	Micah	
	Clinic	Jump to the Spot	Blox		
3:05 - 3:15	Clean Up		Christine		
3:15 - 4	Restorative Stretch		Jeremy		
	Handstands		Christine		
Power Dynamics and Inclusion in Acro @ Chelsea's House, 16 Linn Garden Lane, Swannanoa, NC 28778					Jeremy

Thursday		Topic	Coaches	Privates	MOD
8:15-8:45	Gym Open for Warm-Up		Jeremy		
8:45-9:15	Prehab/Conditioning		Jeremy		
9:15-9:30	Drills		Cassie		
9:30-9:45	Break				
9:45-11:15	Icarian w/Requirements	Martinis	Jeremy, Cassie	Niko	
	Acro All	Side Star	Ryan, Blox		
	Adv+/Pro	F2H Dynamics	Micah		
11:15-12	Lunch				Jeremy
12 - 12:15	Warm Up				
12:15 - 1:15	Tumbling (All)		Cassie, Z		
	Acro Review		Ryan	Blox, Niko	
1:15 - 3	Intermediate	Cradles	Niko, Ilana	Cassie	
	Advanced	Standing F2H	Blox, Z	Ryan	
	Advanced+/Pro	Monos	Micah, Christine		
3 - 3:15	Clean up		Micah		
3:15 - 4	Myofascial Release		Ryan		Ilana

Friday		Topic	Coaches	Privates	MOD
8 - 8:15	Gym Open for Warm-Up		Ilana		
8:15 - 8:45	Pre-Hab/Conditioning		Jeremy		
8:45 - 9:30	Handstands		Ilana		
	Clinic	Sequencing Skills	Christine		
9:35 - 10	Drills		Ryan		
10 - 10:15	Break				
10:15 - 12	Group Work	Parachute	Jeremy, Ilana, Niko	Ryan	
	Adv+/Pro	F2H Entrance/Exit	Micah, Christine		
12 - 12:45	Lunch				
12:45 - 1	Warm Up				
1 - 2	Structured Review (Int)		Ryan	Jeremy	
	Structured Review (Adv)		Niko	Z	
	Creative Group Adv+/Pro	Pass the Flyer	Micah		
2 - 3	Acro Review		Niko		
3 - 3:15	Clean Up				
3:15 - 4:15	Flex		Ilana		
	Restorative Stretch		Jeremy		