

JAN 30

FRIDAY

VANCOUVER ACRO FEST

Schedule

11:30

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

11 PM

Pre-Festival Intensive

ALL LEVELS

CREATIVE PARTNER FLOW

FOUNDATION,
BREATH, FLOW

Jill & Heidi
12-5pm

Pre-Festival Intensive

INTERMEDIATE/ADVANCED

STANDING ACRO

TRIO
SWINGS

Matt Ba, Lorynne, Matt Be
12-5pm

Pre-Festival Intensive

INTERMEDIATE/ADVANCED

ICARIAN DYNAMICS

THE TEMPO
GAME

Jon & Michele
12-5pm

DOORS OPEN & ARRIVAL
5:00 pm

INTERMEDIATE

DYNAMIC PATHWAYS

L-BASE FLOW

Coral & Devon
6:30-9pm

INTERMEDIATE

SWEET DANCE LIFTS SEQUENCE

STANDING ACRO

Matt Be & Lorynne
6:30-9pm

ADVANCED

MORTALITOS WITH HEIGHT!

WHIPS

Jenae & John
6:30-9pm

OPEN JAM
9-10:30pm

DOORS CLOSED
11pm

JAN 31

SATURDAY

Schedule

VANCOUVER
ACRO FEST

9AM

DOORS OPEN 9:00am

GROUP WARM UP 9:30-9:45am

10 AM

WELCOME GATHERING 9:45-10am

11 AM

ALL LEVELS

TRIO TREASURES

STANDING & L-BASE
TRIO CREATIONS

Courtney, Jill, Heidi
10-12:30pm

INTERMEDIATE

THE 360 BACK PLANK:
BED THROWS TO DYNAMIC CATCHES

ICARIAN

Jon & Michele
10-12:30pm

ADVANCED

PITCHING SEQUENCE
WITH STYLE

STANDING ACRO

Matt Ba & Lorynne
10-12:30pm

12 PM

1 PM

LUNCH BREAK
12:30-3pm

MINI SESSIONS

2 PM

ALL LEVELS

TO FREE OR NOT TO FREE:
REV STAR REFINEMENTS
Heidi
1:45-2:45pm

ALL LEVELS

HANDSTAND DRILLS
TO GET THE SKILLS
Miles
1:45-2:45pm

INTER/ADV

THE PRESS
HANDSTAND LAB
Coral
1:45-2:45pm

3 PM

ALL LEVELS

DANCING THROUGH
STANDING PATHWAYS

DANCE LIFTS

Marissa & Eric
3-5:30pm

INTERMEDIATE

L-BASE MIX TAPE

L-BASE FLOW MACHINE

Sariah & Reno
3-5:30pm

INTERMEDIATE/ADVANCED

QUALITY RELOCATE
SERVICES, INCORPORATED

STANDING ACRO

Courtney & Matt Ra
3-5:30pm

4 PM

5 PM

6 PM

OPEN JAM & DINNER BREAK
5:30-8pm

Must vacate the space by 7pm

7 PM

8 PM

THE GREAT SPECTACLE

Performance Night
8-9:30pm

9PM

10 PM

OPEN JAM
9:30-11pm

11 PM

DOOR CLOSED
11pm

FEB 1

SUNDAY

Schedule

VANCOUVER
ACRO FEST

9AM	DOORS OPEN 9:00am		
10 AM	GROUP WARM UP 10:00-10:30am		
11 AM	INTERMEDIATE F2F POPS & FRIENDS	INTERMEDIATE/ADVANCED THE SILK MACHINE	ADVANCED CALF POPS TO HAND TO HAND
12 PM	POPS & ICARIAN Moody & Kierra 10:30-1pm	CREATIVE FLOW Millissa & Devon 10:30-1pm	STANDING ACRO Coral & Dan 10:30-1pm
1 PM	MINI SESSIONS		
2 PM	LUNCH BREAK 1-3:30pm	ACRO CHAT W JILL & DEVON 1:15-2:15pm Discussion topic to be announced soon	
3 PM		INTERMEDIATE THE UPS AND DOWNS OF 3-HIGHS Matt Be & Courtney 2:15-3:15pm	ALL LEVELS RHYTHMIC FUNCTIONAL MOBILITY Miles 2:15-3:15pm
4 PM	INTERMEDIATE ACRO MASH IS GETTING WEIRDER AND WILDER	INTERMEDIATE/ADVANCED CREATIVE 2-HIGH CLIMBS	ADVANCED TO INFINITY AND BACK DOWN: THE REVERSE STAR TREATMENT
5 PM	L-BASE Matt Ra & Ashley 3:30-6pm	STANDING ACRO Heidi & Jill 3:30-6pm	ICARIAN Jon & Michele 3:30-6pm
6 PM	CLOSING CEREMONY 6-6:30pm		
7 PM	OPEN JAM, HUGS, GOODBYES 6:30-8pm		
8 PM	DOOR CLOSED 8pm		