



International Circus School

www.saltocircus.com

WEEK TRAINING PLAN

1st February to 5th February
2021

Day	Pre Warm-up	Warm-up	Specific	
1 st Feb Monday	30 min Run	Warm Up Follow the video	Rehearsal or Specific Condition (your area)	
2 nd Feb Tuesday	30 min Run	Warm Up Follow the video	Rehearsal or Specific Condition (your area)	CONTENPORAY DANCE (ONLINE) - 15:00 https://us02web.zoom.us/j/4978599829
3 rd Feb Wednesday	30 min Run	Warm Up Follow the video	Rehearsal or Specific Condition (your area)	PROJECT CREATION (ONLINE) (15:00) 1 ST YEAR (16:00) 2 ND YEAR https://us02web.zoom.us/j/4978599829
4 th Feb Thursday	30 min Run	Warm Up Follow the video	Rehearsal or Specific Condition (your area)	CLASSICA DANCE (ONLINE) - 15:00 https://us02web.zoom.us/j/4978599829
5 th Feb Friday	30 min Run	Warm Up Follow the video	Rehearsal or Specific Condition (your area)	

ENJOY !



ACRO CLUBE DA MAIA

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ENTIDADE FORMADORA CERTIFICADA