2026 Convention Schedule

SATURDAY 24 OCTOBER 2026 | 09:00 - 12:45

TIME	WORKSHOP	MAX NO.	LEVEL	PRE-REQUISITE	DESCRIPTION	WHERE
REGISTRATION & WARM-UP						
09:00 - 10:00	Registration / Open Training	—	All levels	None	Arrival, registration and an open training period to settle in and warm up at your own pace.	
10:00 - 10:30	Group Warm-Up	—	All levels	None	Whole-group warm-up before the first workshop block.	
WORKSHOP BLOCK 1 (10:30 - 11:30)						
10:30 - 11:30	Intro to Standing Tricks (Tudor)	12	Open	None	Easy tricks like counterbalances and dance lifts, done in a flow if the time allows.	
10:30 - 11:30	Hoop Technique, Spins & Flares (Samara)	10	All levels	None	Introduction to hoop spinning mechanics, clean flares, entries, and foundational configurations.	
10:30 - 11:30	Beginner Straps (Antonio)	6	Beginners	None	Introduction to aerial straps foundations including wrapping, structural alignment, and basic holds.	
10:30 - 11:30	Trampoline (Farid)	5	All levels	No injuries	Create spatial awareness and use of the core to generate propulsion and power and form.	
10:30 - 11:30	Beginner Trapeze (Rebecca)	10	Beginners	None	Foundations of trapeze: basic shapes and beginner sequences above and below the bar.	
WORKSHOP BLOCK 2 (11:45 - 12:45)						
11:45 - 12:45	Flying Pole (Samara)	6	Beginners	None	Introduction to flying pole: climbs, inverts, introductory holds and transitions on a suspended spinning pole.	
11:45 - 12:45	Silks Drops (Robbie)	8	Intermediate	Confident invert	Focusing heavily on dynamic drops, safety wraps, sequencing, and clean execution paths.	
11:45 - 12:45	Intermediate Straps (Antonio)	6	Intermediate	Solid solo foundations	Building on basic wraps with dynamic entries, spinning control, and vertical sequencing.	
11:45 - 12:45	Inversions on People (Tudor)	12	Open	Comfort upside down	Explore the upside down world with different variations of handstands and shoulder stands.	

SATURDAY 24 OCTOBER 2026 | AFTERNOON & EVENING 12:45 - 21:00

TIME	WORKSHOP	MAX NO.	LEVEL	PRE-REQUISITE	DESCRIPTION	WHERE
LUNCHTIME BREAK						

TIME	WORKSHOP	MAX NO.	LEVEL	PRE-REQUISITE	DESCRIPTION	WHERE
12:45 - 14:00	LUNCH	—	—	None	Lunch break. Menu: Lentil or giant bean curry + flatbread + salad. Desserts: Brownies + Flapjacks.	
WORKSHOP BLOCK 3 (14:00 - 15:00)						
14:00 - 15:00	Hoop Dynamics & Sequences (Samara)	10	Intermediate	Sound hoop foundation	Technical exploration of beats, beat to front balance, tobés, elbow rolls, and complex combinations.	
14:00 - 15:00	Loops (Robbie)	8	All levels	None	Working on vertical loops, finding continuous flow, pathways, and creative positioning.	
14:00 - 15:00	Food and Nutrition (Rachael)	10	All levels	None	Food and wellbeing for training: fuelling appropriately to support recovery, focus, stamina and injury prevention.	
14:00 - 15:00	Trampoline (Farid)	5	All levels	No injuries	Create spatial awareness and use of the core to generate propulsion and power and form.	
WORKSHOP BLOCK 4 (15:15 - 16:15)						
15:15 - 16:15	Banquine & Acro Swing Tricks (Tudor)	12	Intermediate	Solid 2-high / H2H	Build calibration during trio tricks so the flyer can fly high.	
15:15 - 16:15	Strap Doubles (Antonio)	8	Beginner / Int	Aerial awareness	Introduction to working on straps as a duo: simple spins and shared shapes with partner progressions.	
15:15 - 16:15	Rope Dynamics & Rolls (Robbie)	8	Intermediate	Strong vertical grips	Introducing dynamic rope pathways, foundational roll-ups, beats, and vertical sequences.	
15:15 - 16:15	Intermediate Trapeze (Rebecca)	8	Intermediate	Good trapeze foundation	Use existing vocabulary to learn new transitions and sequences, including rope wraps, twists, and holds.	
WORKSHOP BLOCK 5 (16:30 - 17:30)						
16:30 - 17:30	Hoop Doubles (Samara)	10	All levels	Comfortable invert	Use existing aerial skills to build tricks and transitions with a partner on the hoop.	
16:30 - 17:30	Silks Doubles (Robbie)	8	Open	Foundational silks grip	Exploration of tandem and double-rigged partner choreography, safety lines, and transitions.	
16:30 - 17:30	Airtrack Tumbling	10	Beginner / Int	None	Use the extra bounce and support of the air track for tumbling progressions, rolls, and handsprings.	
EVENING ACTIVITIES (17:30 - 21:00)						
17:30 - 18:00	Stretch (Jamie)	—	All levels	None	Whole-group stretch, reset, and collective cool-down.	
18:00 - 19:15	Open Training / Flow / Break	—	All levels	None	Unstructured time for training, flow, food and social time before the show.	
19:30 - 20:30	Convention Show	—	All levels	None	Convention performance slot. Bring props/costumes if performing.	

TIME	WORKSHOP	MAX NO.	LEVEL	PRE-REQUISITE	DESCRIPTION	WHERE
20:30 - 21:00	Open Floor / Social / Cool-Down	—	All levels	None	Relaxed close to Saturday: light movement, social time and cool-down.	

SUNDAY 25 OCTOBER 2026 | 09:00 - 12:45

TIME	WORKSHOP	MAX NO.	LEVEL	PRE-REQUISITE	DESCRIPTION	WHERE
ARRIVALS & WARM-UP						
09:00 - 10:00	Arrivals / Open Training	—	All levels	None	Open training and settling-in time before the structured Sunday programme.	
10:00 - 10:30	Group Warm-Up	—	All levels	None	Whole-group warm-up.	
WORKSHOP BLOCK 1 (10:30 - 11:30)						
10:30 - 11:30	Icarian Progressions & Calibration (Aaron)	10	Beginners	None	Focused calibration drills for low L-base positioning, entry hand-passes, and basic dynamic pops.	
10:30 - 11:30	Intermediate Silks (Antonio)	8	Int / Adv	Comfortable invert at height	Build existing silks knowledge with new drops and advanced structural sequences.	
10:30 - 11:30	Hoop Spinning (Samara)	8	Beginners	None	Foundations of spinning technique on vertical apparatus, controlling centripetal force and body lanes.	
10:30 - 11:30	Intro to Standing Tricks (Tudor)	12	Open	None	Counterbalances, dynamic partner lifts, and entries done in fluid floor flows.	
10:30 - 11:30	Beginner Straps (Antonio)	4	Beginners	None	Introduction to straps using hands, feet and wraps to create clean vertical holds and positions.	
WORKSHOP BLOCK 2 (11:45 - 12:45)						
11:45 - 12:45	Airtrack Tumbling (Farid)	10	Beginner / Int	None	Use the extra bounce and support of the air track for tumbling progressions from rolls to handsprings.	
11:45 - 12:45	Flying Pole (Samara)	6	Beginners	Good inversion off floor	Develop skills on flying pole with advanced climbs, high velocity sequences, and spins.	
11:45 - 12:45	Intermediate Straps (Antonio)	6	Intermediate	Confident with basic holds	Build straps vocabulary with more advanced transitions, spins and poses such as planches.	
11:45 - 12:45	Inversions on People (Tudor)	12	Open	Structural base stability	Group exploration of handstands, shoulder mounts, and balancing upside down safely.	
11:45 - 12:45	Beginner Trapeze (Rebecca)	10	Beginners	None	Introduction to trapeze: inversions, knee hangs and foundational moves and transitions.	

SUNDAY 25 OCTOBER 2026 | AFTERNOON & EVENING 12:45 - 21:00

TIME	WORKSHOP	MAX NO.	LEVEL	PRE-REQUISITE	DESCRIPTION	WHERE
LUNCHTIME BREAK						
12:45 - 14:00	LUNCH	—	—	None	Lunch break. Menu: Vegetarian Chili + flatbread + salad. Desserts: Brownies + Flapjacks.	
WORKSHOP BLOCK 3 (14:00 - 15:00)						
14:00 - 15:00	Hoop Dynamics & Sequences (Samara)	9	Intermediate	Foundational hoop vocabulary	Advanced configurations, dynamic catches, drops, and complex spin-sequencing on hoops.	
14:00 - 15:00	Beginner Silks (Antonio)	8	Beginners	None	Introduction to silks safety lines, climbs, basic inversion technique, and foundational sequences.	
14:00 - 15:00	Floor Acrobatics (Farid)	12	Beginner / Int	None	Partner flying and basing in foundational floor shapes, progressing to low group acrobatics.	
14:00 - 15:00	Trapeze (Beg/Int) (Rebecca)	6	Beginner / Int	None	Foundational transitions and clean up of existing technique above and below the bar.	
WORKSHOP BLOCK 4 (15:15 - 16:15)						
15:15 - 16:15	Aerial Jam	12	All levels	Must have some aerial experience	Open aerial play: revisit favourite material from the weekend, share knowledge and explore new ideas.	
15:15 - 16:15	Trampoline (Farid)	10	All levels	No injuries	Create spatial awareness and use of the core to generate propulsion and power and form.	
15:15 - 16:15	Banquine & Acro Swing Tricks (Tudor)	12	Intermediate	Trio balancing foundations	Calibration during dynamic trio tricks, focus on throw mechanics and clean catches.	
15:15 - 16:15	Intermediate Trapeze (Rebecca)	12	Intermediate	Confident invert	Development of existing experience, focusing on controlling the apparatus, wraps, and intermediate drops.	
15:15 - 16:15	Strap Doubles (Antonio)	6	Intermediate	Some solo straps experience	Build straps vocabulary with paired dual-point positions, wraps, and transition mechanics.	
CLOSING ACTIVITIES (16:30 - 21:00)						
16:30 - 17:30	Circus Games / Acro Jam	—	All levels	None	Whole-group circus games running alongside an open acro jam in the designated acro space.	
17:30 - 18:30	Stretch / Cool-Down (Jamie)	—	All levels	None	Long-form stretch and recovery session with active physical decompression.	
18:30 - 21:00	Circus Olympics / Open Training / Flow	—	All levels	None	Final convention block: circus games and Olympics, open training, flow and a relaxed closing jam.	