

GDC SF OPTITRACK PERFORMER SCHEDULE WEDNESDAY & THURSDAY 3/23-3/24

SET TIMES 3/23-3/24	FEATURE SETS	IN BETWEEN
10:00AM		ALL warm up stretch / sit in hoop / floor & acro play
10:30AM	Cola Lyra 1	
		Jess sit in hoop / Sara stretch
10:45AM	Dwoira Lyra 1	
		Sara sit in hoop / Jess stretch
11:00AM	Chris StretchSense Glove Demo 1	
		Dwoira sit in hoop / Kelsey stretch
11:15AM		ALL stretch / sit in hoop / floor acro play
11:30AM	Jess & Sara Lyra Doubles 1	
		Kelsey & Dwoira stretch / floor & acro play
11:45AM	Jess & Sara Finger Tuts 1	
		Jess sit in hoop / Sara stretch
12:00PM	Jess & Sara Fire Tools Flow 1	*LUNCH* Kelsey & Dwoira
		Jess & Sara sit in hoop / stretch / floor & acro play
12:30PM		*LUNCH* Jess & Sara
		Dwoira & Kelsey sit in hoop / stretch / floor & acro play
12:45PM	Dwoira Lyra 2	
		Kelsey sit in hoop / Dwoira stretch
1:00PM	Chris StretchSense Glove Demo 2	
		Kelsey & Dwoira stretch / floor & acro play
1:15PM		
1:30PM		ALL stretch / sit in hoop / floor & acro play
1:45PM	Jess & Sara Lyra Doubles 2	
		Kelsey & Dwoira stretch / sit in hoop / floor & acro play
2:00PM	Cola Lyra 2	
		Sara sit in hoop / Jessi stretch
2:15PM	Dwoira Lyra 3	
		Jess sit in hoop / Sara stretch
2:30PM		ALL stretch / sit in hoop / floor & acro play
2:45PM	Jess & Sara Finger Tuts 2	
		Kelsey & Dwoira stretch / floor & acro play
3:00PM	Jess & Sara Fire Tools Flow 3	
		Kelsey & Dwoira stretch / floor & acro play
3:15PM	Cola Lyra 3	
		Sara sit in hoop / Jess stretch
3:30PM	Chris StretchSense Glove Demo 3	
		Jess sit in hoop / Sara stretch
3:45PM		ALL stretch / sit in hoop / floor & acro play
4:00PM	Cola Lyra 4	
		Kelsey & Dwoira stretch / floor & acro play
4:15PM	Dwoira Lyra 4	
		Kelsey & Dwoira stretch / floor & acro play
4:30PM	Jess & Sara Finger Tuts 3	
		Sara sit in hoop / Jess stretch
4:45PM	Jess & Sara Fire Tools Flow 4	
		Jess sit in hoop / Sara stretch
5:00PM		ALL stretch / sit in hoop / floor & acro play