

Saturday

9.15am - 10.30am

@underthebluecloud

Pole, *Flex Fiction: Where Splits Meet Illusion*

Bend reality (and your body) in *Flex Fiction*, where classic pole shapes get a cheeky twist. This workshop dives into the art of illusion-based movement — blending clean lines with unexpected transitions to surprise, delight, and challenge both dancer and audience. We'll explore: Iconic pole shapes with fresh, creative flair, Divine Lines and Angle Awareness, Playful, flowy transitions that highlight flexibility and personality, Techniques to find (and flaunt) your best angles for photos and performance, Specific prep and training tips for advanced shapes like *Bird of Paradise (BOP)* and *Machine Gun and Spatchcock*, Suitable for anyone with a confident sit, side climbs and working on leg hangs, an extra benefit for more advanced students with a confident shoulder mount and arms-only move options. Perfect for intermediate to advanced polers looking to level up their bendy game and craft visually striking, high-impact moments on stage or in class. Bring your sass, your splits, and your curiosity — let's turn flexibility fiction to hard facts;) xxx

@KDAerialArts

Tippy Hoop

Maximum Strop work & shapes in the Tippy Hoop, Less Scary Tipped moves! Perfect as an introduction to Tippy Hoop with all the shape opportunities. Wear a layer around the waist & be prepared to have a layer around the armpits as the Strops can cause burn / discomfort. Pre reqs: Be able to mount & dismount an Aerial Hoop, Silks or Sling safely & unaided.

@han.kypanky

Lollipop, Top of the pops

Ready to rise to the top? *Top of the Pops* is a lollipop workshop that takes you all the way up to the top of the hoop to explore bold balances, creative shapes, and powerful combos that showcase strength, control, and a whole lot of flair. Expect to work on: Balancing shapes and poses right at the top of the lollipop, Creative transitions and sequencing around the pole and hoop, strength-building climbs and confidence at height, Cool, photogenic combos that pop!, This is a sugar high of a skill-building session that will leave you feeling strong, accomplished, and ready to wow. Prerequisites: Confident working at the top of the hoop, Suitable for advanced beginners and up in either pole or aerial hoop, Must be comfortable climbing and inverting unassisted, Not suitable for complete beginners

@kaiyalatham

Mini Hoop

Hoop but pint sized! Learn how to transfer and adapt your favourite moves onto mini hoop, plus learn some of the more unique ways to use this equipment. Includes strop work. Suitable for all levels.

@circusjono

Rope

Beginners (and beginner/improvers) session – Looking at basic climbs, shapes, and sequences. No pre requisites, but a comfortability at being upside down helpful

@rise_yoga_fitness

Aerial Yoga.....Sports Hall

Aerial yoga is a form of yoga where you are supported by a hammock to allow you to perform movements and postures suspended off the floor and upside down. This class will focus deep stretching and relaxation to aid your other classes over the weekend

@lisaTcircus

Static Trapeze

Beginners/intermediate beginners

A session on one of the first ever aerial pieces of equipment - the trapeze. One of my first performances was on trapeze with No Fit State Circus and we'll look at moves from that act as well as the basics for those that haven't been on one before.

10.50am - 12.05pm

@underthebluecloud

Pole, On a Pole Bender

Ready to twist, bend, and level up your pole flow? Realise your lines? This workshop dives deep into the art of the twisted pole world, including prep for Eagle, closed Allegra variations, and classic backbend shapes. We'll explore both basic and advanced entries, with a focus on spinal mobility and leg grip techniques. What you'll cover: , twisted pole entries and transitions, Warm Up techniques for space practice, Inside & outside leg hang sequences, , Eagle and Pegasus prep ideas and tips, Closed Allegra shapes, Classic backbend poses and safe alignment tips, , any move entry options are given from sits/leg hangs and laybacks for all levels, Maintenance drills for prolonged flex longevity and vitality! Suitable for anyone with a confident sit, side climbs and working on leg hangs, extra benefit for more advanced students with a confident shoulder mount and extended butterflys PLUS some cheeky arms only options for the Power houses amongst you! , Whether you're just getting comfortable with Inverted shapes or have lots of experience looking to refine your lines, we've got you. The inside/outside leg hang grip is advantageous, but adv beginners are welcome — foundational variations will be included.

@KDAerialArts

Silks Drops

Learn your Stars from your Saltos, Slack drops to your Backdives. We will work on a variety of different types of drops throughout the workshop & learn how the different drops can be stacked, combined or executed with performativity to keep your audience guessing.

Pre-Reqs: Be able to Climb & Aerial invert on both sides throughout the workshop. Have an entry into Catchers & S-wrap. Be able to perform consistent Hip-Lock -> Tourniquet on both sides.

@han.kypanky

Lollipop, Sweet and Tricky

Ready to take a bite out of something new? Sweet & Tricky is your chance to dive into the candy-coated world of Lollipop Lyra — a delicious hybrid of aerial hoop and pole all in one magical apparatus. Expect a workshop full of treats and tricks — with shapes and transitions that are eye-catching, creative, and adaptable to your personal flavour of strength or flex. We'll explore movement: Under, around, and on top of the lollipop, Flowing transitions and combo options, A mix of impressive tricks and stylish slink, Perfect for those looking to challenge themselves with something fun and new. 🍭 **Prerequisites:** Must be comfortable inverting on a hoop or pole, No prior lollipop experience needed! Just bring a sweet tooth for challenge and a everlasting gobstopper sort of attitude (yes, even if you're still a little sucker for lollipop puns 🍭) 🧘 **What to Wear:** Aerial clothing that covers knees and midriff for comfort and grip, No zips or sharp edges, Knee pads optional for extra cushioning

@kiayalatham

Hoop General Wierdness

Anything goes - as long as it's weird!

This is a tricks and combos workshop focusing on unique shapes and ways to move around the hoop. Students should be comfortable on top bar to attend.

@lisaTcircus

Double Trapeze

1 trapeze, 2 people (or maybe 3!). Looking at and developing the relationship between 2 performers on one piece of equipment. Come with an approach to base and/or fly. You don't need a partner to be involved as we'll pair up in the workshop. No doubles experience required.

@rise_yoga_fitness

Broadway Boogie.....Sports Hall

Show-stopping musical megamix class! From the first step to the final bow you will become the star of all your favourite shows! Broadway Boogie is a high energy dance fitness workout inspired by musical theatre from stage and screen. We'll dance to all your iconic Broadway favourites.

1.15pm - 2.30pm

@kiyalatham

Hoop Cool Moves No Inverts

This workshop explores ways to move from different levels of the equipment without the standard mounts and lifting! Ideal for those who struggle strength wise, have injuries or health issues they need to work around or those looking for some energy saving ways to move around the equipment. Taught on low hoops.

@underthebluecloud

Pole, Exit Stage Left Step into the spotlight- This unapologetically bold pole journey dives deep into foundation booty-shaking sequences, classic pole shapes, and show-stopping transitions designed to keep your audience hooked from entrance to exit. We'll explore movement rooted in the center of your stage—where the magic brews—then peel away, exiting with dynamic flair and irresistible presence. Think sultry stagecraft meets athletic edge. 🔥 What to Expect: Clean, iconic pole shapes made to be seen, Baby Kips, , fluid spin sequences with a flair for drama, Inspirational entrances and delicious exits, Signature transitions for performers who want more than just tricks 💪 Level: Advanced Beginner to Intermediate.

You should be comfy with basic spins, climbs, and pole sits. If you can invert or handstand, bring it. If not, we've still got you. ⚡ Whether you're building your act, adding sizzle to your flow, or just craving a little more spotlight, this class will get you center stage—and make sure you leave like a legend.

Please Bring Knee Pads (can be done with or without heels-Heels preferred for more dynamic exits)

@han.kypanky

Hoop, Twisted Transitions

Get ready to twist, roll, and flow through this dynamic aerial hoop workshop! *Twisted Transitions* is designed for aerialists who are hungry to connect shapes with unexpected pathways and spiralling transitions that move seamlessly around the hoop. You'll explore: Rotational and twisting transitions from top bar to bottom, Elegant balances, rolls, and flexy shapes, Creative combos that use the full hoop — above, inside, and below, Fluidity and control in multi-move sequences, This is the perfect workshop for aerialists looking to push their flow, coordination, and aerial awareness into new territory. Prerequisites: Must be able to invert confidently onto the top bar, Comfortable performing multi-move combos and navigating around the hoop, Not suitable for beginners, 🧘 What to Wear: Aerial clothing that covers backs of knees and midriff, No zips or sharp edges, Optional layers for comfort during rolling transitions

@circusjono

Rope

Improvers session - Looking at various dynamic tricks, exploring tempos, beats, and a few strength based shapes.

**@aerialtess_
Bungee and Flow**

Move, stretch, and fly in this fun, low-impact bungee class for all bodies and abilities. We'll build confidence with the bungee, enjoy a light workout, and finish with fabulous choreography set to music. No experience needed—just come ready to have fun!

**@aerial.sophie
Loops Doubles**

Learn some fun shapes together in the loops! Either bring a friend or we can pair up on the day. You'll learn some pretty shapes together in the loops on a spin involving top and base moves as well as mirrored poses to create some elegant shapes and flows in the air. Be prepared for lots of spinning and laughing.

Level: Beginners and up

Prereqs: Able to invert with the loops under your arms (like on hoop in the spanset or on sling).

**@azariafrost
Dirty Pole Choreo**

Get down and Dirty with Azaria with a hardstyle pole routine to an iconic noughties classic! We'll learn a heel banging, hair flicking, slut dropping routine suitable for most levels.

The routine will be more fun in heels if you have them (because you'll be able to join in with the heel clacks and bangs), but you can do it in socks if you prefer. Kneepads are a must. It's recommended that you have some pole experience for this workshop – knowledge of basic spins, step arounds and pirouettes will help you to get the most from this routine.

Apart from that, all you need to bring is your energy and your attitude!

@lisaTcircus

Hula Hoop

Starting with looking at on body techniques we'll then progress on to some off body moves and eventually put them into a routine which we'll put to music.

2.50pm - 4.05pm

@kiayalatham

Hoop Cool Moves No Inverts

This workshop explores ways to move from different levels of the equipment without the standard mounts and lifting! Ideal for those who struggle strength wise, have injuries or health issues they need to work around or those looking for some energy saving ways to move around the equipment. Taught on low hoops.

@han.kypanky

Pole, Flips for the faint hearted

Flips for the Faint-Hearted is a workshop designed for polers who want to dip a toe (or heel) into the world of dynamic pole — without the fear factor. We'll explore a collection of: Deceptively simple flips and dynamic tricks that look dramatic but feel doable, "Fake flips" and illusion-based movements that impress without the adrenaline spike, Rolls and low-risk dynamic entries/exits that build confidence and body awareness, Progressions and regressions to suit your level, so you're always in control, Whether you're flip-curious or flip-phobic, this class will ease you in and have you walking away feeling flipping awesome. 🧘 What to Wear: Pole wear (shorts and fitted top) Bring grip aid, water, and your brave-but-cautious spirit, 📋 Prerequisites: Intermediate and above workshop, You'll get the most out of this workshop if you're comfortable with:, Outside leg hang, Genie/ brassmonkey shapes with head down under leg hang, Inside leg hang/ flatline scorpio, Handstands or forearm stands (optional but helpful), .Modifications available — this class is all about working where you are, not pushing past comfort zones

@kDArialArts

Sling Beginners

Introduction to Sling shapes! Suitable for anyone who wants to explore shapes & beginner transitions within the sling.

Wear a layer over the waist to prevent fabric burns.

@circusjono

Silks

Improvers session - Looking at various dynamic movements and sequences through tempo and momentum. Students should be comfortable with inverting.

@underthebluecloud

Floor, Slippery when wet

A floorwork fantasy you won't want to miss... Get ready to slide, slink, and drip with sensual energy in this mixed-level floorwork workshop that's all about melting into movement. This class is designed to unleash your inner temptress while giving you a solid dose of technique. Expect a deliciously slippery set of floor tricks, transitions, and shapes that will

have you crawling, gliding, and flipping with confidence. We'll explore juicy setups, controlled descents, and floor-flow combos that'll make you look like butter wouldn't melt—until you hit the floor. 🔥 **What's on the menu:** Slinky floor trick setups, Transitions that flow like honey, Core combos and sassy sequences, Knee pads recommended (we'll be down and dirty!), **Pre-reqs:**, A candle stick (no, not the romantic kind – the move!), Preferably familiar with forward & backward rolls, But don't worry—basics will be covered, and modifications offered 🩹, Bring water, knee pads, and your sauciest attitude. It's time to get slippery...

@aerial.sophie

Loops Combos

Learn some twisty, flowy combos and transitions into some beautiful, geometric shapes on the loops. Loops are a great mixture of all apparatus with lots of transferable skills. Just like chains but less bruise-y!

Level: Beginners and up

Pre reqs: Able to invert with the loops under your arms (like on hoop in the spanset or on sling)

@azariafrost

Pole Power

In this workshop suitable for intermediate and advanced pole students, you'll learn a selection of dynamic power pole combos utilising beats, flares, rotations and twizzles that will make you feel like you're flying.

To get the most from this workshop, we recommend that you have most or all of the following: a strong climb and seat, an unassisted invert, a strong outside leg hang, and a range of spins on static pole (such as chair spin and reverse grab)

4.25pm - 5.40pm

@han.kypanky

Chains

Step into the world of twists, turns, rolls and raw aerial power in this gritty and gorgeous aerial chains workshop. If you can invert in a hammock, you're ready to take on this edgy, exciting apparatus — no prior chains experience needed. Chains bring a unique feel to aerial — expect some grip challenges, dynamic movement, and badass shapes that will make you feel like an aerial rockstar. We'll work through strength-based tricks, smooth transitions, and striking poses that play with the texture and weight of the metal. Ideally cover arms/elbows, Think protection meets mobility — chains can be tough on the skin! This is a one-of-a-kind chance to explore a heavier, grittier side of aerial in a supportive and creative session. Let's bring the drama, bring the power, and bring the heavy metal

@circusjono

Cloud Swing

Beginners - An exploratory session looking at different mounts, balances, dynamic tricks, and static shapes and linking sequences. No previous cloud experience required, but comfortable with being in the air.

@underthebluecloud

Pole, Mic drop moments

Where Classic Pole Shapes Meet Showgirl Realness

Step into the spotlight and command the stage in this powerhouse pole session that fuses old-school glamour with modern-day grit. Think Vegas showgirl energy, dramatic reveals, and jaw-dropping transitions that leave the crowd breathless—Mic. Drop. Moments.

We're taking classic pole technique—inside/outside leg hangs, pencil climbs, stunning sits—and infusing it with dynamic movement, raw strength, and electrifying flair. Ayesha Sequences Butterfly Transitions. From split kips to high kicks, from inverts to handstands, you'll work the pole from floor to ceiling with power, presence, and polish. Designed for the intermediate-Advanced poler, you should be comfortable with: All Basic spins, climbs, and sits, Forearm and pencil climbs—a must for those “high in the sky” moments!, Some Experience with Floor or Aerial Split Grips, Tumbles and Kip Preparation: with Spatial Awareness and Safe Execution , Comfortable in Butterfly Positions (or working towards a solid extended D or Butterfly) Or would just like the opportunity to perfect these skills , Expect: Inspirational entrances and iconic exits, Performance polished and stage-worthy transitions, Signature Mic Drop moments that bring the house down, ring your attitude, your ambition, and your Platform heels if you dare(Classic Pleaser Style Boots Preferred or similar)—it's time to take CenterXStage and Kip It Real.Can be done or without heels, Highly recommend knee pads, but alternative exits and flow options can be given to keep the impact to a minimum!

@KDAerialArts

Tippy Hoop Dynamics

All the tips! Explore the tippy hoop in its full capacity, focusing on using gravity & counterbalance to explore the whole space within the Tippy Hoop. Less shapes but more transitions! Pre-Reqs: Be able to Straddle mount, Back-balance (any apparatus) & Front balance (Any apparatus)

@rise_yoga_fitness

Aerial Yoga.....Sports Hall

Aerial yoga is a form of yoga where you are supported by a hammock to allow you to perform movements and postures suspended off the floor and upside down. This class will focus deep stretching and relaxation to aid your other classes over the weekend

@aerial.sophie

Hoop Spins

Let's get dizzy! In this workshop we'll look at different flare pathways, tornado spins and different ways to get into the hoop on a spin. Learn some tips and tricks to reduce dizziness, maintain and control your spin, some transitions and combos that flow beautifully whilst you're spinning.

Level: Intermediate to advanced

Pre reqs: Straddle/pike mount. Comfortable using the top bar.

@azariafrost

Lyrical Pole Flow

Get into your feels with a flowy lyrical pole routine. We'll be focusing on expression, lines and musicality in this heartfelt routine perfect for anyone with basic pole experience. As long as you've got basic spins, step arounds and pirouettes, this one is for you if you love to dance or want to try out a new style.

Socks are recommended for this one to help you stay smooth and slidey.

Sunday

9.15am - 10.30am

@circusjono

Silks

Improvers session - Looking at various dynamic movements and sequences through tempo and momentum. Students should be comfortable with inverting.

@han.kypanky

Pole, Spins and Shapes

Welcome to *Spins & Shapes* — a dreamy spin pole workshop designed to help you harness the power of momentum and create striking shapes and smooth transitions that flow with gravity-defying grace. We'll explore: dynamic yet controlled spin pole flows, Eye-catching pose-to-pose transitions, Creative use of momentum to enhance your lines and connection, Techniques to feel more fluid and grounded in spin, even mid-air, Think elegant extensions, unexpected entries, and gorgeous combos that feel as good as they look — all while the world spins around you, 📋 Prerequisites: Able to get into a shooting star/outside leg hang, Strong genie or similar pole hold, Some prior spin pole experience recommended, but confident static polers will be just fine!

@underthebluecloud

Floor, Total Re-Coil: Backbends and Bridges

The Director's Cut....Backbends...do they make you wish you had 3 hands? Feeling a little coiled up? It's time for a full-body reboot! *Total Re-Coil* is your invitation to stretch, strengthen, and spring into action with a workshop dedicated to the art (and science) of backbends and bridges. We'll unravel tight shoulders, hips, and spines as we: Build smart, safe backbend foundations, , explore multiple options of bridges that are more than just a pose—they're a vibe, Develop strength through the back body (hello, glutes and spinal extensors!), Mix mobility with muscle for deeper, juicier expressions, Whether you're just starting your bendy journey or looking to level up your wheel game, this class is built for all bodies, all levels, and all the "I can't backbend!" doubters., Warning: Re-coiling may result in steady breathing, unexpected joy, and a surprising love for backbends.

@poledancerjasmine

Pole-silks (Beginner-friendly).....Aerial Allsorts

Intro to pole-silks, any abilities welcome. Learn some cool tricks and combos in the pole silks, and come away feeling like a fairy. Wear shorts under leggings.

@rise_yoga_fitness

Aerial Yoga.....Sports Hall

Aerial yoga is a form of yoga where you are supported by a hammock to allow you to perform movements and postures suspended off the floor and upside down. This class will focus deep stretching and relaxation to aid your other classes over the weekend

@aerial.sophie

Straps Flares

Let's up your spin game and work on those flares! We'll breakdown the flare pathway and look at conditioning exercises you can do to improve your flares that translates onto other apparatus too. We can also look at one arm flares for students wanting to work on these.

Level: Intermediate to advanced

Pre reqs: Solid straddle invert. If you can meathook with two hands this is ideal but not essential.

@azariafrost

Aerial Playground

Hang out with Azaria on her eclectic collection of weird and wonderful aerial kit. Options include the spiral, the umbrellas, the sphere, the flying lollipop, the mini hoop, the figure-8, and the ladder.

10.50am - 12.05pm

@azariafrost

Aerial Playground

Hang out with Azaria on her eclectic collection of weird and wonderful aerial kit. Options include the spiral, the umbrellas, the sphere, the flying lollipop, the mini hoop, the figure-8, and the ladder.

@KDAerialArts

Double Point Hoop

Explore the top bar & strops with the hoop rigged on double point. Double point provides new pathways & shapes unique to having multiple strops to play with as well as having the top bar open in the middle. Think trapeze blended with Hoop! We will be exploring the top bar & strops throughout the workshop so ensure that the waist has a layer to prevent strop burns. Pre-Reqs: Be able to top bar mount, Amazon both sides, Front Balance, Hocks on Topbar. Be able to dismount from top bar safely.

@han.kypanky

Pole, *Legendary Pole Tales: Iconic Shapes & Heroic Lines*

Step into the realm of legends with *Legendary Pole Tales* — a workshop celebrating fantastical pole shapes and epic energy, inspired by iconic beings and heroic stories. Expect a session full of bold, striking shapes that feel as good as they look, with combos that unleash your inner unicorn, warrior, or goddess. You'll learn: Fantasy inspired shapes like Pegasus, Wonder Woman, Unicorns, and many more, Heroic transitions and combo pathways that flow with purpose, Tips for executing beautiful lines and powerful poses that tell a visual story, How to bring confidence and a *legendary attitude* to your pole flow, This is a celebration of mythical style with a modern edge — think power, poise, and a sprinkle of magic. 📋 Prerequisites: Comfortable in leg hooks and hangs from inverts or from side climb, Able to climb, Best suited to Advanced beginner polers and up

@sallammers

Silks - MORE BELAYS - intermediate.....Aerial Allsorts

If you enjoy creating loops of fabric around various parts of your body using the power of RELENTLESS fabric theory, this is the workshop for you! We'll be looking at many different belay entries, combos and exits.

Pre-reqs: inverts (from the ground will be okay for most things), climbs, footlocks, double crochet double crucifix

@poledancerjasmine

Pole-silks (Low intermediate).....Aerial Allsorts

Pre-requisites- must be able to invert and have some pole or silks experience. Learn some cute tricks and combos on the pole silks, and come away feeling like a fairy.

Wear shorts under leggings

@aerialtess_

Bungee and Flow

Move, stretch, and fly in this fun, low-impact bungee class for all bodies and abilities.

We'll build confidence with the bungee, enjoy a light workout, and finish with fabulous choreography set to music. No experience needed—just come ready to have fun!

@lisaTcircus

Hula Hoop

Starting with an on body warm up we'll move on to doing some quick combos and transitions accessible to all levels.

1.15pm - 2.30pm

Burlesque

@circusjono

Cloud Swing

An exploratory session looking at different mounts, balances, dynamic tricks, and static shapes and linking sequences. No previous cloud experience required, but comfortable with being in the air.

@KDAerialArts

Lollipop Beginners

A beginner's Lollipop workshop! Working on mounting & gorgeous shapes unique to Lollipop, as well as some basic spins & using the pole and hoop together to get our photo opportunities!

Suitable for Beginners to Lollipop.

@han.kypanky

Flying Pole

Get ready to fly high and bend big in this exhilarating Flying Pole workshop. Whether you love a silicone-covered spin or the feel of raw metal, we've got you covered — literally. This session welcomes both aerialists and polers to explore gravity-defying pole movement in a whole new way. We'll explore: Flowing transitions from floor to air, Flexy shapes and exciting combos, Creative strop work for unique aerial flair, Opportunities to explore different pole movements and techniques lots of alternatives for all levels. 🌈 Prerequisites: Pole students: Should be able to climb and either invert or roll down into an outside leg hang Non-polers: Should be strong aerialists (comfortable inverting and working off the floor)

@CCDanceClasses

Commercial Dance

Think pop music video. All abilities welcome as we learn a fun routine.

@azariafrost

Shoulder & Back Flex

Come and learn the secret to engaging your upper back. You'll learn techniques to isolate your thoracic and cervical spine (the top and middle of your back) and use your back muscles to get a full back bend, rather than just folding in your lumbar spine (lower back). We'll also be looking at safe techniques to get strong, bendy and mobile shoulders, allowing you to unlock those flexi moves on pole and hoop, as well as moving more easily in your everyday life.

@sallammers

Sling - Sling-credible sequences - intermediate.....Aerial Allsorts

Move around the sling in new and unusual ways to create some sling-credible sequences! We'll be threading, popping, posing and rolling with some combos which don't always go where you might expect...

Pre-reqs: Inverts in and above the sling, general familiarity with core sling moves (eg. gazelle, goddess, hiplock, crossback, corset, seatbelt)

@lisaTcirkus

S Wraps

Digging into the s-wrap and different ways in to it. Also, if you like, a clinic to look at your propellor/helicopter/windmill (we all call them different!) and no handed propellers as an option too!

2.50pm - 4.05pm

Burlesque

@circusjono

Spanish Web

Introductory session to Spanish Web. The class will look at the basics of being set, with participants learning some basic shapes and transitions to move through, culminating in a fast spin.

@underthebluecloud

Pole, Wiggle & Quake Workshop

X Marks the Spot. You Bring the Shake. Call all Floor Killers and Serial Thrillers! Foundation-focused twerks & shakes with theatrical edge, Fake it till you make it for those that like to lower the tone... in height and attitude! Step into the spotlight and unleash your seismic power with Big Impact Basics — the ultimate booty-shaking foundation workshop that merges raw energy with hypnotic technique. Whether you're building from the ground up or sharpening your signature quake, we're dropping into the core of the floor to own every ripple, wave, and clack. 🔥 Leg Waves. Heel Clacks. Earth-Rattling Realness. We're talking precision meets pulse, where every movement makes a statement. Learn the mechanics behind those mesmerizing wiggles, the fluid power of leg waves, and the crisp attitude of a heel clack that echoes confidence that MUST BE SEEN! This is your initiation into movement that commands attention — bold, unapologetic, and center stage. Bring the drama, bring the grind, and let's shake the foundations together. ✨ Glamour. Grit. Gravity. X marks your moment. Can be done with or without heels, Knee Pads Highly Recommended!

KDAerialArts

Double Point Hoop

Explore the top bar & strops with the hoop rigged on double point. Double point provides new pathways & shapes unique to having multiple strops to play with as well as having the top bar open in the middle. Think trapeze blended with Hoop! We will be exploring the top bar & strops throughout the workshop so ensure that the waist has a layer to prevent strop burns.

Pre-Reqs: Be able to top bar mount, Amazon both sides, Front Balance, Hocks on Topbar. Be able to dismount from top bar safely.

@CCDanceClasses

Street Dance

Learn a cool Hip-Hop street dance. Suitable for all. Wear trainers.

@sallammers

Sling - Fancy open fabric - beginner/improver.....Sports Hall

Open fabric is a wonderfully unique part of aerial sling - it's the only time that having a lie down is a legit move! In this workshop we'll explore a @range mounts, poses, rolls, and transitions all using open fabric. (And maybe a nice lie down when we're all tired)

Pre-reqs: none, although some prior experience of sling would be beneficial

@aerial.sophie

Strapes

Known to be a difficult apparatus but straps can be for everyone! Learn some simple shapes, conditioning exercises and transitions on the straps with some small spins and dynamics thrown in too. Would advise to bring wrist covers if you are new to straps.

Level: Beginners

Pre reqs: Pike OR straddle on any equipment is helpful but not essential.

4.25pm - 5.40pm

@CCDanceClasses

Heels Dance

Learn a sassy heels dance. This is not Pole - Strippers heels, think pixie ankle boots or small heels you can dance in. Learn a sassy routine.

@circusjono

Spanish Web

Introductory session to Spanish Web. The class will look at the basics of being set, with participants learning some basic shapes and transitions to move through, culminating in a fast spin

@underthebluecloud

Hoop

Get ready to twist, tangle, and hang in style! In *Twisted and Stroppy*, we'll explore dynamic and beautiful hoop + spanset combinations with a focus on creative pendant shapes of all kinds. Whether you're a confident beginner or a seasoned stroppy addict, this workshop has something for you. You'll learn: , innovative spanset transitions on and around the hoop, A wide range of pendant shapes, from elegant to bold, Techniques for wrapping, dropping, and twisting with control, Advanced options for those comfortable with aerial inversions, Requirements: Must be confident on the top bar, Must be comfortable in hip hangs, A love for stroppy chaos highly encouraged!, This workshop welcomes confident beginners ready to

experiment with spansets, as well as intermediate to advanced aerialists looking to spice up their hoop vocabulary. Come get twisted — and a little stropky.

@han.kypanky

Chains

– same as the first one description wise ill teach slightly different content in each one if there are repeat students.

@rise_yoga_fitness

Aerial Yoga.....Sports Hall

Aerial yoga is a form of yoga where you are supported by a hammock to allow you to perform movements and postures suspended off the floor and upside down. This class will focus deep stretching and relaxation to aid your other classes over the weekend

@aerial.sophie

Strapes

Known to be a difficult apparatus but straps can be for everyone! Learn some simple shapes, conditioning exercises and transitions on the straps with some small spins and dynamics thrown in too. Would advise to bring wrist covers if you are new to straps.

Level: Beginners

Pre reqs: Pike OR straddle on any equipment is helpful but not essential.