

FLIGHT AcroDance Conventions

The Acro Xperience

Day 1 Aug 19th, 2022

* Schedule is subject to change.

Class Time	Level 1/2	Level 3/4	Level 5/6	Level 7/8 (age 8-11)	Level 7/8
8:30-9:30am	registration / check-in				
9:30-9:55 am	WARM-UP IN BALLROOM B				
10-10:55 am <i>Location</i> <i>Instructor</i>	FLEXIBILITY / CONDITIONING <i>Ballroom A</i> Antonio Moore	ACRO TIPS & TRICKS <i>Ballroom C</i> Briar Nolet	ACRO DANCE <i>Ballroom B</i> Derek Piquette	HAND BALANCING <i>Mackinaw Room</i> Meaghan Wegg	ACRO PROGRESSIONS <i>Ballroom D</i> Robin Dawn Ryan
11-11:55 am <i>Location</i> <i>Instructor</i>	ACRO PROGRESSIONS <i>Ballroom D</i> Robin Dawn Ryan	FLEXIBILITY / CONDITIONING <i>Ballroom A</i> Antonio Moore	ACRO TIPS & TRICKS <i>Ballroom C</i> Briar Nolet	ACRO DANCE <i>Ballroom B</i> Derek Piquette	HAND BALANCING <i>Mackinaw Room</i> Meaghan Wegg
12-12:55 am <i>Location</i> <i>Instructor</i>	HAND BALANCING <i>Mackinaw Room</i> Meaghan Wegg	ACRO PROGRESSIONS <i>Ballroom D</i> Robin Dawn Ryan	FLEXIBILITY / CONDITIONING <i>Ballroom A</i> Antonio Moore	ACRO TIPS & TRICKS <i>Ballroom C</i> Briar Nolet	ACRO DANCE <i>Ballroom B</i> Derek Piquette
1-1:55pm	LUNCH BREAK				
2-2:55 pm <i>Location</i> <i>Instructor</i>	ACRO DANCE <i>Ballroom B</i> Derek Piquette	HAND BALANCING <i>Mackinaw Room</i> Meaghan Wegg	ACRO PROGRESSIONS <i>Ballroom D</i> Vicki Fletcher	FLEXIBILITY / CONDITIONING <i>Ballroom A</i> Antonio Moore	ACRO TIPS & TRICKS <i>Ballroom C</i> Briar Nolet
3-3:55 pm <i>Location</i> <i>Instructor</i>	ACRO TIPS & TRICKS <i>Ballroom C</i> Briar Nolet	ACRO DANCE <i>Ballroom B</i> Derek Piquette	HAND BALANCING <i>Mackinaw Room</i> Meaghan Wegg	ACRO PROGRESSIONS <i>Ballroom D</i> Vicki Fletcher	FLEXIBILITY / CONDITIONING <i>Ballroom A</i> Antonio Moore
4:00-4:30 pm	AUTOGRAPHS & PHOTO OPS WITH THE FLIGHT CREW FACULTY. VISIT THE FLIGHT MERCHANDISE TABLE.				
5:00-6:00pm	POWER TUMBLING CLASS (Ballroom C on Day 1 only)				

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Day 2 Sat, Aug 20th, 2022

* Schedule is subject to change.

Class Time	Level 1/2	Level 3/4	Level 5/6	Level 7/8 (age 8-11)	Level 7/8
9:30-9:55 am	WARM-UP IN BALLROOM B				
10-10:55 am <i>Location</i> <i>Instructor</i>	FLEXIBILITY / CONDITIONING <i>Ballroom A</i> Antonio Moore	ACRO TIPS & TRICKS <i>Ballroom C</i> Briar Nolet	ACRO DANCE <i>Ballroom B</i> Derek Piquette	HAND BALANCING <i>Mackinaw Room</i> Meaghan Wegg	ACRO PROGRESSIONS <i>Ballroom D</i> Vicki Fletcher
11-11:55 am <i>Location</i> <i>Instructor</i>	ACRO PROGRESSIONS <i>Ballroom D</i> Vicki Fletcher	FLEXIBILITY / CONDITIONING <i>Ballroom A</i> Antonio Moore	ACRO TIPS & TRICKS <i>Ballroom C</i> Briar Nolet	ACRO DANCE <i>Ballroom B</i> Derek Piquette	HAND BALANCING <i>Mackinaw Room</i> Meaghan Wegg
12-12:55 am <i>Location</i> <i>Instructor</i>	HAND BALANCING <i>Mackinaw Room</i> Meaghan Wegg	ACRO PROGRESSIONS <i>Ballroom D</i> Vicki Fletcher	FLEXIBILITY / CONDITIONING <i>Ballroom A</i> Antonio Moore	ACRO TIPS & TRICKS <i>Ballroom C</i> Briar Nolet	ACRO DANCE <i>Ballroom B</i> Derek Piquette
1-1:55pm	LUNCH BREAK				
2-2:55 pm <i>Location</i> <i>Instructor</i>	ACRO DANCE <i>Ballroom B</i> Derek Piquette	HAND BALANCING <i>Mackinaw Room</i> Meaghan Wegg	ACRO PROGRESSIONS <i>Ballroom D</i> Robin Dawn Ryan	FLEXIBILITY / CONDITIONING <i>Ballroom A</i> Antonio Moore	ACRO TIPS & TRICKS <i>Ballroom C</i> Briar Nolet
3-3:55 pm <i>Location</i> <i>Instructor</i>	ACRO TIPS & TRICKS <i>Ballroom C</i> Briar Nolet	ACRO DANCE <i>Ballroom B</i> Derek Piquette	HAND BALANCING <i>Mackinaw Room</i> Meaghan Wegg	ACRO PROGRESSIONS <i>Ballroom D</i> Robin Dawn Ryan	FLEXIBILITY / CONDITIONING <i>Ballroom A</i> Antonio Moore
6:30-8:00pm	FLIGHT'S EXPRESS YOURSELF 80'S DANCE PARTY (Doors open at 6:15pm, Ballroom A/B on Day 2)				