



SATURDAY 28TH FEBRUARY

09:30-10:00
Registration

10:00-10:15
Introduction: Rowena Birch

10:15 -12:15
Masterclass: Sally Conway + Megan Fletcher

12:15 -13:00
Lunch

13:00- 14:00
Wrestling Masterclass: Simar Randhawa

14:00-14:15
Break

14:15-16:15
Masterclass: Natalie Powell

16:15-16:30
Cool Down/ Stretching

SUNDAY 1ST MARCH

09:30-10:00
Registration

10:00-10:15
Introduction: Joyce Heron

10:15 -12:15
Masterclass: Nekoda Smythe-Davis

12:15 -13:00
Lunch

13:00- 14:00
Activity: To be confirmed

14:00-14:15
Break

14:15-16:15
Masterclass: Emma Reid

16:15-16:30
Cool Down/ Stretching



TIMETABLE

