

KICK-START WORKSHOP SCHEDULE

MONDAY 09/06

	SALSA/MAMBO SHOW HALL	MOVEMENT & FUSION ADRS 3	CUBAN / MAMBO ADRS 4	BACHATA ADRS 1
14:00 - 14:45			M-POWER Julia Monosova YOGA - FINE TUNE YOUR BODY Move slowly and mindfully to increase mobility and awaken your joints. Release tension, reset your posture, and finish with a deep savasana to leave you feeling fully refreshed. Suitable for all levels. ○○○	
15:00 - 16:00	Luis & Ana SPIN TECHNIQUE SOLO & COUPLE Learn the fundamentals of balance, spotting, and body alignment for clean and controlled spins, both solo and with a partner, to turn effortlessly on the dance floor. ○○○	Jorge & Indira AFRO-CUBAN BODY MOVEMENT FUNDAMENTALS Delve into the core movements, isolations, and expressive techniques that define Afro-Cuban styles. Explore the rich cultural roots, rhythmic foundations, and dynamic body articulations that infuse authenticity and soul into your dance. WITH LIVE MUSIC ○○○	Diego & Yaritza PACHANGA FUNK ○○○	Antoni & Belen BACHATA FUNDAMENTAL TECHNIQUES Build a strong foundation with precise technique, balance, and control. Focus on body movement, weight transfer, and connection to enhance your dance with confidence and ease. ●○○
16:15 - 17:15	Diego & Yaritza FUNDAMENTALS OF DANCING SALSA ON2 FOR ON1 DANCERS This class breaks down the core elements of Salsa On2 - timing, step placement, rhythm, and musical phrasing. You'll learn how to transition between styles, understand clave-based structure, and develop the timing and flow unique to Salsa On2. ○○○	Maykel Fonts CUBAN RUMBA ODYSSEY: YAMBÚ, GUAGUANCO, COLUMBIA Explore the rhythmic realms of Cuban rumba, from soulful Yambú to playful Guaguancó and dynamic Columbia. Immerse yourself in the captivating stories, rhythms, and cultural nuances, delving into the Afro-Cuban heritage within Cuban Rumba. WITH LIVE MUSIC ○○○	Jorge & Indira SALSA CUBANA PARTNERWORK WITH STYLE & FLAVOUR Combine smooth, stylish movements with authentic Cuban flair, perfect for intermediate dancers looking to add rhythm and personality to their connections. ●○○	Antoni & Belen BACHATA SOCIAL Learn fresh, rarely seen figures that add a fun twist to your dancing. Easy to pick up, lead, and follow for a smooth social dance experience. ○○○
17:30 - 18:30	Luis & Ana SALSA ON1 - SECRETS OF LEADING & FOLLOWING Discover the subtle art of leading and following, creating a seamless dance experience characterized by connection, responsiveness, and harmony on the dance floor. ●○○	Maykel Fonts CUBAN FUSION Focus will be on integrating Cuban body movement, footwork, and timing with modern salsa techniques, helping you refine your style and creativity on the dance floor. WITH LIVE MUSIC ●●○		Alan & Jessica FUSION BACHATA Explore other styles within bachata by blending movements from different genres. A class full of creativity, surprise, and style. ●○○

TUESDAY 10/06

	SALSA/MAMBO SHOW HALL	CUBAN/MAMBO ADRS 3	CUBAN ADRS 4	BACHATA ADRS 1
12:00 - 12:45			M-POWER Julia Monosova YOGA - RISE & SHINE In this dynamic and fun class we shall focus on those parts of the body that are responsible for good posture. After this class you will feel a little taller and fully awakened. ○○○	
13:00 - 14:00	Diego & Yaritza MAMBO PARTNERWORK Sharpen your Mambo skills with stylish turn patterns, smooth connection, and timing drills. ●○○	Maykel Fonts CUBAN RUMBA: GUAGUANCO FUNDAMENTALS Explore the essential steps, rhythms, and playful energy of Guaguancó, one of the core styles of Cuban Rumba. This class focuses on movement, posture, and interaction between dancers. WITH LIVE MUSIC ○○○		Alan & Jessica BACHATA SABROSA Feel the true flavor of bachata. Focus on flow, connection, and the Latin swing that makes dancing a pure pleasure. Perfect for those who want to move with style, effortlessly. ○○○
14:15 - 15:15	Luis & Ana SALSA ROMANTICA Delve into the art of graceful partnering, intricate turns, and heartwarming connections that define the soulful spirit of Salsa Romantica. ●○○	Diego & Yaritza SALSA TIMING FUNDAMENTALS: ON1, ON2, CONTRATIEMPO & CLAVE Unleash your musicality and elevate your dance by understanding the nuances of each timing style, enhancing your ability to connect with the music and express yourself on the dance floor. WITH LIVE MUSIC ○○○	Jorge & Indira SALSA CUBANA - DANCING CONTRATIEMPO Discover the groove of dancing contra-tiempo in Cuban salsa. This class helps improver and intermediate dancers develop timing, rhythm, and flow while deepening their connection to the music. ●○○	Antoni & Belen BACHATA PARTNERWORK FT. FOOTWORK Focus on fluid partnerwork enhanced with creative footwork that adds excitement and surprises your partner. Learn to integrate stylish steps into your movements, creating a connected and dynamic dance. ●○○
15:30 - 16:30	Charlie & Vero SALSA MEETS CUBAN STYLE Spice up your Salsa On1 with a Cuban twist! This class blends cross-body style with Cuban elegance, rhythm, and body movement to give your dancing more flavor and flow. ●●○	Jorge & Indira FROM DANZÓN TO MAMBO: A CUBAN DANCE JOURNEY Embark on a captivating journey through Cuban dance history, tracing the rhythmic transitions from the elegant Danzón to the vibrant energy of Mambo. WITH LIVE MUSIC ○○○	Maykel Fonts CHA CHA CHA FUSION Mixing the timeless groove of Cha Cha Cha with some fresh salsa flavor. ●●○	Alan & Jessica POWER BACHATA High energy! Boost your technique, presence, and confidence in every step. Ideal for those who love energetic bachata and want to shine on the dance floor. ●○○
16:45 - 17:30			M-POWER Ina Yordanova YOGA - RECHARGE & AWAKEN Gentle stretches, calming breathing techniques, restorative postures, and deep relaxation for body and mind refreshment. ○○○	

LEVELS

- improver
- intermediate
- advanced
- open level

