



AERIAL SPORTS

Workshops with Angelina Usmanova

<https://www.instagram.com/usmanovaangy/>

- **Aerial Silks Choreography**

All Levels: 16:00 – 17:30

- **Aerial Silks & Hoop Duo**

All Levels: 18:00 – 19:30

- **Aerial Hoop**

(Acrobatic combinations: regrips, rolls, flips, jump outs)

19:45 – 21:15

