

Example regular schedule of C1 (1st semester)

Each semester we work with a new schedule, this is only an indication to show which classes will be taught.

During a year we have:

- +/- 32 weeks with a regular schedule
(of which 2-3 weeks of group production with an adapted schedule in the 1st year)
- 2 test weeks
- +/- 6 special weeks or project weeks

	Monday	Tuesday	Wednesday	Thursday	Friday	
09:00 - 09:15	physical preparation core strengthening		physical preparation core strengthening	Music	self-study	09:00 - 09:15
09:15 - 09:30						09:15 - 09:30
09:30 - 09:45						09:30 - 09:45
09:45 - 10:00	physical preparation ballet	physical preparation ballet	group acrobatics	SEM 1	floor acrobatics	09:45 - 10:00
10:00 - 10:15						10:00 - 10:15
10:15 - 10:30						10:15 - 10:30
10:30 - 10:45	group acrobatics	dance	trampoline	dance	object manipulation	10:30 - 10:45
10:45 - 11:00						10:45 - 11:00
11:00 - 11:15						11:00 - 11:15
11:15 - 11:30		prep. specialization <i>starting end October</i>	HALF GROUP*			11:15 - 11:30
11:30 - 11:45						11:30 - 11:45
11:45 - 12:00						11:45 - 12:00
12:00 - 12:15	floor acrobatics	SEM 1	improvisation and composition	physical preparation core strengthening	physical preparation strength training	12:00 - 12:15
12:15 - 12:30						12:15 - 12:30
12:30 - 12:45						12:30 - 12:45
12:45 - 13:00	trampoline	Health + wellbeing		prep. specialization <i>starting end October</i>	physical preparation strength training	12:45 - 13:00
13:00 - 13:15						13:00 - 13:15
13:15 - 13:30						13:15 - 13:30
13:30 - 13:45	circus history	SEM 1	object manipulation	handstand	theatre	13:30 - 13:45
13:45 - 14:00						13:45 - 14:00
14:00 - 14:15						14:00 - 14:15
14:15 - 14:30	time for meetings or self-study	handstand	trampoline	physical preparation flexibility		14:15 - 14:30
14:30 - 14:45						14:30 - 14:45
14:45 - 15:00						14:45 - 15:00
15:00 - 15:15	voluntary/sign up: flexibility	Circus Time	HALF GROUP*			15:00 - 15:15
15:15 - 15:30						15:15 - 15:30
15:30 - 15:45						15:30 - 15:45
15:45 - 16:00	SEM 1					15:45 - 16:00
16:00 - 16:15						16:00 - 16:15
16:15 - 16:30						16:15 - 16:30
16:30 - 16:45	trampoline		trampoline			16:30 - 16:45
16:45 - 17:00						16:45 - 17:00
17:00 - 17:15						17:00 - 17:15
17:15 - 17:30	SEM 1		HALF GROUP*			17:15 - 17:30
17:30 - 17:45						17:30 - 17:45
17:45 - 18:00						17:45 - 18:00
18:00 - 18:15						18:00 - 18:15
18:15 - 18:30						18:15 - 18:30
18:30 - 18:45						18:30 - 18:45
18:45 - 19:00						18:45 - 19:00
19:00 - 19:15						19:00 - 19:15
19:15 - 19:30						19:15 - 19:30
19:30 - 19:45						19:30 - 19:45
19:45 - 20:00						19:45 - 20:00

* the other half of the group has self-study

Changes in the 2nd semester:

Only in sem.1 (not in 2):

circus history (continues in year 2)
health and wellbeing (continues in year 2)
music (continues in year 2)
preparation specialization

Additional classes in sem.2:

art orientation, weekly classes (sometimes 1,5 and sometimes 3 hour classes)
specialization classes (each C1 student has 4 hours per week of specialization in sem.2)