FREESKATING / *WOODEN RINK*

10 DEC

FROM	UP TO	GROUP A	GROUP B	GROUP C	GROUP D	GROUP E
8:00	8:40	3S o 3Lo		Modern technique	Modern technique	Modern technique
8:40	9:20	Choreographic variations	2A/ combo		Choreographic variations	Choreographic variations
9:20	10:00			2F/combo 2F		
10:00	10:40	Modern technique	Modern technique		3S o 3 Lo	
10:40	11:20		Choreographic variations	Choreographic variations		2A
11:20	12:00	2A / combo				
12:00	12:40		In /combo			
12:40	13:20			2 Lo o Cju		
13:20	14:00	Acrobatic	Acrobatic		2A	
14:00	14:40			Acrobatic		In
14:40	15:20	Csp left			Acrobatic	
15:20	16:00		3S			Acrobatic
16:00	16:40	Body Expression		In / Csp		
16:40	17:20		Body Expression		Csp left	
17:20	18:00			Body Expression		2F o 3T
18:00	18:40	SKATING SKILLS			Body Expression	
18:40	19:20		SKATING SKILLS			Body Expression
19:20	20:00			SKATING SKILLS		
20:00	20:40				SKATING SKILLS	
20:40	21:20					SKATING SKILLS
21:20	22:00	Pairs				
22:00	22:40		Pairs			

ARTISTIC INTERNATIONAL SEMINAR&CAMP BOLOGNA 2026

WORLD SKATE

FREESKATING / *WOODEN RINK*

11 DEC

FROM	UP TO	GROUP A	GROUP B	GROUP C	GROUP D	GROUP E
8:00	8:40	Cju				
8:40	9:20	Video analysis	3T		Dynamic Pilates	Dynamic Pilates
9:20	10:00			2A o 2 Lz		Video analysis
10:00	10:40	Dynamic Pilates	Dynamic Pilates	Dynamic Pilates	CJu	
10:40	11:20		Video analysis		Video analysis	2Lo o 3S
11:20	12:00	3T o 3F	SPIN EXERCISES	Video analysis	SPIN EXERCISES	SPIN EXERCISES
12:00	12:40	SPIN EXERCISES	HFD / Csp	SPIN EXERCISES		
12:40	13:20			Cju		
13:20	14:00				3T o 3F	
14:00	14:40					Csp
14:40	15:20	Ssp o Cso right				
15:20	16:00		2A / combo			
16:00	16:40			HFD/ Csp		
16:40	17:20	Athletic training	Athletic training		Ssp o Csp right	
17:20	18:00					2F o Cju
18:00	18:40	SKATING SKILLS		Athletic traininig		
18:40	19:20		SKATING SKILLS			
19:20	20:00			SKATING SKILLS	Athletic training	Athletic training
20:00	20:40				SKATING SKILLS	
20:40	21:20					SKATING SKILLS
21:20	22:00	Pairs				
22:00	22:40		Pairs			

ARTISTIC INTERNATIONAL SEMINAR&CAMP BOLOGNA 2026

WORLD SKATE

FREESKATING / *CONCRETE RINK*

12 DEC

FROM	UP TO	GROUP A	GROUP B	GROUP C	GROUP D	GROUP E
8:00	8:40	2A			Choreographic variations	Choreographic variations
8:40	9:20		2Lz			
9:20	10:00	Choreographic variations		Cju		
10:00	10:40		Video analysis		2T	
10:40	11:20		Choreographic variations	Choreographic variations		2Lo o 3T
11:20	12:00	Cju		Video analysis		
12:00	12:40		Cju		Video analysis	Video analysis
12:40	13:20			2 Lz		Video analysis
13:20	14:00	Video analysis			CBD	
14:00	14:40					2Lo o 3S
14:40	15:20	In/ D. position				
15:20	16:00		Csp / In			
16:00	16:40	SPIN EXERCISES		CBD/ D. position		
16:40	17:20				2F o Cju	
17:20	18:00		SPIN EXERCISES	SPIN EXERCISES		Csp
18:00	18:40	SKATING SKILLS				
18:40	19:20		SKATING SKILLS		SPIN EXERCISES	SPIN EXERCISES
19:20	20:00			SKATING SKILLS		
20:00	20:40				SKATING SKILLS	
20:40	21:20					SKATING SKILLS
21:20	22:00	Pairs				
22:00	22:40		Pairs			

ARTISTIC INTERNATIONAL SEMINAR&CAMP BOLOGNA 2026

WORLD SKATE

FREESKATING / *CONCRETE RINK*

13 DEC

FROM	UP TO	GROUP A	GROUP B	GROUP C	GROUP D	GROUP E
8:00	8:40	Dynamic Pilates	Dynamic Pilates	Dynamic Pilates	Dynamic Pilates	Dynamic Pilates
8:40	9:20	2Lo				
9:20	10:00		2F/combo 2F		Modern technique	Modern technique
10:00	10:40	Acrobatic		2F		
10:40	11:20		Acrobatic		CFD	
11:20	12:00	Modern technique	Modern technique	Modern technique	Acrobatic	2A
12:00	12:40	2Lz		Acrobatic		
12:40	13:20		2Lo o Cju			Acrobatic
13:20	14:00			2Lo		
14:00	14:40				Axel/ combo Axel	
14:40	15:20					In
15:20	16:00	HDF/D. position	Body Expression	Body Expression		
16:00	16:40		HDF o CFD			
16:40	17:20			CFD/ D. position		
17:20	18:00				2S	
18:00	18:40					2F o 3T
18:40	19:20	SKATING SKILLS				
19:20	20:00		SKATING SKILLS		Body Expression	Body Expression
20:00	20:40	Body Expression		SKATING SKILLS		
20:40	21:20				SKATING SKILLS	
21:20	22:00					SKATING SKILLS
22:00	22:40	Pairs				

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WORLD SKATE

FREESKATING / *CONCRETE RINK*

14 DEC

FROM	UP TO	GROUP A	GROUP B	GROUP C	GROUP D	GROUP E
8:00	8:40	Choreographic variations	Choreographic variations	Choreographic variations	Choreographic variations	Choreographic variations
8:40	9:20	Upright				
9:20	10:00		Upright o Sit		Modern technique	Modern technique
10:00	10:40	Acrobatic		Sit		
10:40	11:20		Acrobatic		CFD	
11:20	12:00	Modern technique	Modern technique	Modern technique	Acrobatic	2F
12:00	12:40	1F o 2T		Acrobatic		
12:40	13:20		Axel			Acrobatic
13:20	14:00			Axel		
14:00	14:40				Axel/combo Axel	
14:40	15:20					2Lo
15:20	16:00	1Lo o 2S	Body Expression	Body Expression		
16:00	16:40		Cju			
16:40	17:20			2S		
17:20	18:00				2S	
18:00	18:40					CFD/ D. position
18:40	19:20	SKATING SKILL				
19:20	20:00		SKATING SKILL		Body Expression	Body Expression
20:00	20:40	Body Expression		SKATING SKILL		
20:40	21:20				SKATING SKILL	
21:20	22:00					SKATING SKILL
22:00	22:40	Pairs				

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WORLD SKATE

FREESKATING / *CONCRETE RINK*

15 DEC

FROM	UP TO	GROUP A	GROUP B	GROUP C	GROUP D	GROUP E
8:00	8:40	1F o 2T			Dynamic Pilates	Dynamic Pilates
8:40	9:20		Axel			
9:20	10:00	Dynamic Pilates		2T		
10:00	10:40		Video analysis		2T	
10:40	11:20		Dynamic Pilates	Dynamic Pilates		Cju
11:20	12:00	Lo o 2S		Video analysis		
12:00	12:40		Cju		Video analysis	
12:40	13:20			CFD		Video analysis
13:20	14:00	Video analysis			CBD	
14:00	14:40					2 Lz
14:40	15:20	CFD o Csp				
15:20	16:00		Sit			
16:00	16:40	SPIN EXERCISES		Csp		
16:40	17:20				2F o Cju	
17:20	18:00		SPIN EXERCISES	SPIN EXERCISES		CBD/ D. position
18:00	18:40	SKATING SKILL				
18:40	19:20		SKATING SKILL		SPIN EXERCISES	SPIN EXERCISES
19:20	20:00			SKATING SKILL		
20:00	20:40				SKATING SKILL	
20:40	21:20					SKATING SKILL
21:20	22:00	Pairs				
22:00	22:40		Pairs			

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WORLD SKATE