

MIST WEEKENDER SCHEDULE

PARTNER ROOMS

THURSDAY NIGHT 20:15-22:00	1 - Thunderball Room (CeroC) Test Music - James Ross	2 - Cyclone Hall (SILC) Test Music - Tim Sant-Turner	3 - Tempest Studio (Adventure) Test Music - Lyndsey Bennett	Closed
FRIDAY	1 - Thunderball Room (CeroC)	2 - Cyclone Hall (SILC)	3 - Tempest Studio (Adventure)	Closed
21:00-22:00	MIST CeroC! - Tim Sant-Turner CeroC Ice-Breaker for couples (All)	MIST SILC! - Kieran & Charlie SILC Ice-Breaker for couples (Int)	MIST Blues! - Marc & Rachel Blues Ice-Breaker for couples (All)	
22:00-23:00	CeroC Tunes - Tim Sant-Turner	SILC Zone - Kieran Moore	Swing Blues Freestyle - Marc & Rachel	
23:00-00:00	CeroC Tunes - Hayley Epps	SILC Zone - Caine Langford	Lazy Blues Freestyle - Marc & Rachel	
00:00-01:00	CeroC Tunes - Paul Brooks	SILC Zone - John Baker	Smooth & Acoustic Blues Freestyle - Marc & Rachel	
SATURDAY	1 - Thunderball Room (CeroC)	2 - Cyclone Hall (SILC)	3 - Tempest Studio (Adventure)	4 - Hurricane Shelter (Back to Basics)
10:00-11:00	Lyrical Lines - Richard & Zoe Beauvoisin Elegant shapes and smooth moves (Int+)	Intro to slotting - Adam Deller Basics of the slot, an invaluable skill for SILC (Int-)	Level Up! - Katie Bridges (starts at 10:15) Amazing moves from CeroC Hong Kong (Int)	Beginners 1 - Jeni Liversidge Starters orders for new dancers (Beg)
11:30-12:30	Move Multiplier - Jo Hart Expand your Intermediate repertoire (Int)	SILC Foundation - Kieran & Charlie Master the essential technique (Int)	Ready to Rock 'n' Roll - Lyndsey Bennett Get seriously ready for Swingers (All)	One Move Wonder - Brett Stewart One move and countless variations (Int)
13:00-14:00	Whips - Int - Caine & Danni Give your dancing the professional edge (Int)	SILC Freestyle - Kieran Moore Smooth SILC practise music	Salsa 1 - Dean Gay An Intro to Salsa (All)	Couples With Babies - Jamie Eddy Enjoy partner dancing with your tiny one (All)
14:30-15:30	Lean Into It - David Addis Stylish leans and counterbalances (Int)		Blues Connection - Marc & Rachel A closer look at expert connection (Int)	Beginners 2 - Jeni Liversidge Starters orders for new dancers (Beg)
16:00-17:00	Showstoppers - Emma Wright Competition 'Wow' moves (Adv)	SILC Progressive - Kieran & Charlie Step up your SILC skills (Int+)	Bachata - Dan Akers An Intro to Bachata (All)	Afternoon Boogie - Tony Riccardi CeroC classics to practise your moves
17:30-18:30	Head Rolls - Barry & Marcy Ducks, head rolls and hairgraphy (Int+)	SILC Freestyle - Kieran Moore Smooth SILC practise music	Argentine Tango 1 - Marc & Rachel An Intro to Argentine Tango (All)	CeroC Buffet - J Deacon Build a limitless repertoire (Int-)
21:00-22:00	CeroC Tunes - Ashley Davis	SILC Zone - Kevin Hyde	Blues Musicality - Marc & Rachel	
22:00-23:00	CeroC Tunes - Ashley Davis	SILC Zone - Kevin Hyde	Swing Blues Freestyle - Marc & Rachel	
23:00-00:00	CeroC Tunes - Mark O'Reilly	SILC Zone - Kieran Moore	Lazy Blues Freestyle - Marc & Rachel	Camp Attack! - Tim Sant Turner
00:00-01:00	CeroC Tunes - Mark O'Reilly	SILC Zone - Kieran Moore	Smooth & Acoustic Blues Freestyle - Marc & Rachel	
01:00-03:00	CeroC Tunes - Sheena Assiph	SILC Zone - Smood		
SUNDAY	1 - Thunderball Room (CeroC)	2 - Cyclone Hall (SILC)	3 - Tempest Studio (Adventure)	4 - Hurricane Shelter (Back to Basics)
10:00-11:00	Own The Floor - Ania Morizot-Verbitskaya Sophisticated Style Challenges (Adv)	Intro To Shadowing - Dan Hewitt-Green Compliment your partners momentum (Int+)	Stylish Sabotage - Tim & Heather Time for the follow to take control! (Int)	Beginners 3 - Jeni Liversidge Starters orders for new dancers (Beg)
11:30-12:30	Genre, Set, Match - Veronika Oliver Change up your style to suit the music (Int)	SILC Developmental - Kieran & Charlie SILC technique at the highest level (Adv)	FLASHMOB! - Karine Uncun CeroC France delivers their 2020 Flashmob routine	Classic Carnival - Brett Stewart Simple Intermediate building blocks (-Int)
13:00-14:00	Fierce Grace - Tony & Hayley Epps Fast moves with a soft dynamic (Int+)	SILC Freestyle - Kieran Moore Smooth SILC practise music	Salsa 2 - Dean Gay Take your Salsa to the next level (Int)	Beginners Step Up - Andrew & Ruth Give your Beginner moves an exciting twist (-Int)
14:30-15:30	Exotic Drops - David Addis Creative drops and seducers (Adv)		Shag - Lyndsey Bennett 1930s partner class for Swingers hour (Int+)	Afternoon Boogie - Tony Riccardi CeroC classics to practise your moves
16:00-17:00	Mixing Rhythms - Ben Davies Experiment with blending different rhythms and styles (Int)	SILC New Moves - Kieran & Charlie Innovative new SILC concepts (Int+)	Argentine Tango 2 - Marc & Rachel More complex patterns for your Milonga (Int+)	Repertoire enhancer - Natalie Baker Perfect moves for stepping into Intermediates (Int)
17:30-18:30	Centripetal - Lyndsey Bennett Rotational and elegant counterbalances (Adv)	SILC Freestyle - Kieran Moore Smooth SILC practise music	Tango Milonga - Marc & Rachel Practice your new Tango Skills	Magic Moments - Dan Hewitt-Green Create standout moments in your freestyle
21:00-23:00	CeroC Tunes - Hayley Epps	SILC Zone - Ashley Davis	Blues Freestyle - Marc & Rachel	
23:00-01:00	CeroC Tunes - Steve Thomas	SILC Zone - Vince Silva	Blues Freestyle - Jo Hart	
01:00-03:00	CeroC Tunes - Jon Gammon	SILC Zone - Kieran Moore		
MONDAY	1 - Thunderball Room (CeroC)	2 - Cyclone Hall (SILC)	3 - Tempest Studio (Adventure)	4 - Hurricane Shelter (Back to Basics)
12:00-13:00	CeroC Tunes - Steve Thomas	SILC Zone - Joe Toko	Swingers Hour - Lyndsey Bennett	
13:00-14:00	CeroC Tunes - Paul Brooks	SILC Zone - Smood	Rock Anthems - Mark O'Reilly	
14:00-15:00	CeroC Tunes - Tony Riccardi	SILC Zone - Steve Thomas	Buck n Boots Saloon Country - Sheena Assiph	
15:00-16:00	CeroC Tunes - Mark O'Reilly	SILC Zone - Dee Jaques	Mojo House and Club Classics Tim Sant-Turner	Not So Late Lounge - Miranda HG
16:00-17:00	CeroC Tunes - Lisa Benson	SILC Gold - Paul Brooks	Got That Vibe RnB Classics - Joe Toko	Not So Late Lounge - Miranda HG
17:00-18:00	Hot New Music - John Baker	SILC Zone - Steph Oram	Motown & Northern Soul - Kieran Moore	Not So Late Lounge - Miranda HG
18:00-19:00	CeroC Tunes - Hayley Epps	SILC Zone - Chris Whitehouse	Funky House - Marc Forster	Kizomba - Smood
19:00-21:00	CeroC Tunes - Jon Gammon (Survivors screenshot!)	SILC Lyrical - Caine Langford	S'Funk - Kieran Moore & Vince Silva	Break Out S'Funk room with Vince Silva, ONLY OPEN if the Tempest gets too busy!

MIST WEEKENDER SCHEDULE

SOLO ROOMS

THURSDAY NIGHT 20:00-22:00	Closed	Closed	Closed	Closed	THURSDAY NIGHT 20:00-22:00
FRIDAY 21:00-22:00	5 - The Cube (Technique) Fireball & Wobble! - Debs Attwood Voted your top 2 solo line dances! (All)	Closed	Closed	Closed	FRIDAY 21:00-22:00
22:00-23:00					22:00-23:00
23:00-00:00					23:00-00:00
00:00-01:00					00:00-01:00
SATURDAY 10:00-11:00	5 - The Cube (Technique) Smood Line Dance - Dale St Rose 2 Line dances with a taste of FUNK! (Int)	6 - The Playroom (Adventure)	7 - The Track (Fitness) Yoga - Tim Sant-Turner Energising morning sequence (All)	8 - The Pub	SATURDAY 10:00-11:00
11:30-12:30	Ladies Styling 1 - Becki Rendell Top tips for feminine style and confidence (All)	Jujitsu (Minimum 2 people) - Ad Earnshaw An introduction to the martial art (All)	Zumba - Hayley Epps Latin dance workout with added zest! (All)	Chat, Drink & Sack the DJ with Barman Steve	11:30-12:30
13:00-14:00	Lead Styling - Richard Beauvoisin Top Tips just for the leads (All)	Street - Tim Stevens Solo street routine with style and isolation (All)	Northern Soul - Sharon Thorman Fancy footwork for the solo dance floor (All)	'Big Fact Hunt' Quiz Steve Thomas Quizmaster Steve tests your brains (Over 18s)	13:00-14:00
14:30-15:30	Solo Shag - Lyndsey Bennett Impressive footwork for Swingers hour (Int+)	Charleston Line - Hayley Epps Perfect stroll for Swingers Hour (All)	Motown/Northern Soul - Tim Sant-Turner Put your footwork to the test!	Chat, Drink & Sack the DJ with Barman Steve	14:30-15:30
16:00-17:00	Country Line - Sheena Assiph 2 Line Dances with serious 'boots' (All)	Solo Zouk - Amy Wong Footwork drill to improve your Zouk (All)	Body Combat - V Oliver Punch and kick your way to fitness (All)	Chat, Drink & Sack the DJ with Barman Steve	16:00-17:00
17:30-18:30	Musicality - Jamie Eddy Understand rhythm, style and accent (Int)	Salsa Shines - Jules Manning Solo salsa drills to enhance your footwork (Int)	Pilates - Tony Epps Gentle muscle strengthening and mobility (All)	Chat, Drink & Sack the DJ with Barman Steve	17:30-18:30
21:00-23:00					21:00-23:00
23:00-01:00					23:00-01:00
01:00-03:00					01:00-03:00
SUNDAY 10:00-11:00	5 - The Cube (Technique)	6 - The Playroom (Adventure)	7 - The Track (Fitness) Body Conditioning - Tony Epps Our own personal trainer gets you in shape (All)	8 - The Pub	SUNDAY 10:00-11:00
11:30-12:30	Rock n Roll Stroll - Lyndsey Bennett 2 Line dances with a taste of Swing! (All)	Intro to Tap - Zoe Beauvoisin No tap shoes needed. Just hard sole, hard floor! (All)	Zumba - Tess Newell Latin dance workout with extra sass! (All)	Chat, Drink & Sack the DJ with Barman Steve	11:30-12:30
13:00-14:00	Cha Cha Line Dance - Barry Watson 1 Line dance with a taste of Cha Cha (Int+)	Ballet - Lisa Maddocks An Intro to Ballet (All)	Luscious Latin - Tim Sant-Turner Latino passion, new and old	'Aural Fixation Quiz' Quizmaster Steve Thomas's music challenge (Over 18s)	13:00-14:00
14:30-15:30	Ladies Styling 2 - Becki Rendell Top tips for feminine style and confidence (All)	Musical Theatre - Cara Chivers Learn this fun choreography from 'Hairspray' (Adv)	Karate - Ad Earnshaw An introduction to the martial art (All)	Chat, Drink & Sack the DJ with Barman Steve	14:30-15:30
16:00-17:00	Beast Line Dance - Barry Watson 1 Line dance for the truly adventurous! (Adv)	Cheerful Cheese! - Tamara Domb Disney, Musicals and singalong wedding bangers!	Strong HIIT - Hayley Epps High intensity training for fitness fanatics (Adv)	Chat, Drink & Sack the DJ with Barman Steve	16:00-17:00
17:30-18:30	Body Isolations - Amy Wong Style and accent body parts for expert expression (All)	Burlesque - Veronika Oliver Get cheeky with the temptress herself (All)	Yoga - Tim Sant-Turner Relaxation evening sequence (All)	Chat, Drink & Sack the DJ with Barman Steve	17:30-18:30
21:00-23:00					21:00-23:00
23:00-01:00					23:00-01:00
01:00-03:00					01:00-03:00
MONDAY 12:00-13:00	Closed	Closed	Closed	Closed	MONDAY 13:00-14:00
13:00-14:00					14:00-15:00
14:00-15:00					15:00-16:00
15:00-16:00					16:00-17:00
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18:00-19:00					19:00-21:00
19:00-21:00					