

MIST 2 WEEKENDER SCHEDULE

VERSION 3a (uploaded 17 Feb 2021)

SOLO ROOMS

THURSDAY NIGHT	Closed	Closed	Closed	Closed
20:00-22:00				

FRIDAY	The Cube (Technique)	The Playroom (Adventure)	Closed	Closed
18:30-19:30				
19:30-20:30	MIST Ceroc-Line! - Tim Sant-Turner The challenging 2021 Line dance! (All)	BINGO & BANGING TUNES!! With the Brooks Twins! Fun with balls (All)		
20:30-22:00	Friday Night Cocktail Making - Barry Watson Mix along with Barry and get the party started! (All)			
22:00-23:30				
23:30-01:00				

SATURDAY	The Cube (Technique)	The Playroom (Adventure)	The Track (Fitness)	The Queen Vic (Non Stop Music)
10:00-11:00	Morning Line - Leila Nightingale An intro to line dance with simple and fun choreography! (All)	Laddering/Customising Clothes - Veronika Oliver Upcycle and make your next dance get up (All)	Yoga - Tim Sant-Turner Energising morning sequence (All)	SACK THE DJ! Sign up for your chance to host 30 mins of music!
11:15-12:15	Latin Drill - Karen Toko Solo Latin foot patterns and technique challenges (All)	Hypnosis: Flow and Movement - Steve Woods Tune in with your body and movement (All)	Afrobeats - Toni Sails Dance fitness to African rhythms (All)	Kickstart Your Day - Rob Fearnett Great Anthems from across the decades
12:30-13:30	Find Your Styling - Ellen Dacombe Solo routine that highlights key styling skills (Int)	DIY Upcycle - Jon Gammon and Immy Turn some cruddy old wood into a table to cherish (All)	Strong - Hayley Epps High Intensity Interval Training...for fitness fanatics! (All)	90's Nostalgia - Ben Davies 90's Pop, Dance & R&B
13:45-14:45	Be A Pea - Tess Newell Learn amazing performance choreography from the master (Int)	Vegan Baking - Karen Toko Delicious Vegan treats (All)	Musical Theatre "All That Jazz" - Cara Chivers A fun and challenging solo choreography (Int+)	Motown & Northern Soul - Tim Sant-Turner Keep the faith!
15:00-16:00	Lead Styling - Richard Beauvoisin Top Tips just for the leads (All)	Ballet - Rachel Pears Low-impact barre-based exercises for all levels (All)	Zumba GOLD - Hayley Epps Gentle, low impact, Latin Zumba workout (All)	Happy Hour - Brett Stewart Joyful songs to make you smile
16:15-17:15	Burlesque - Veronika Oliver Top tips for feminine style and confidence (All)	Big Fact Hunt - Steve Thomas Everyone's favourite Quiz with everyone's favourite Steve (All)	Evening Stretch Out - Tony Epps Engage and Relax those hard working muscles	Got That Vibe - Joe Toko Old Skool RnB
17:30-18:30	Ceroc-Line Throwback! - Tim Sant-Turner ALL the past Nu-lines in one packed hour (All)		Relaxation Meditation - Helen Boshier Build resilience, Feel calmer, Think Clearer (All)	Baby Loves Disco - Lyndsey Bennett Nothing but Disco Classics
18:30-20:00	Have Fun Go Mad! - Debbie Attwood The ULTIMATE Line Dance Challenge (Adv)			SACK THE DJ! Sign up for your chance to host 30 mins of music!
20:00-21:30		(8-9pm) Poetry Café - Toni Sails Bring your poetry and share with other aficionados (All)		THE BASEMENT
21:30-23:00			SO Ceroc Cocktail Party 10pm - 11pm	NON STOP CLUB ANTHEMS
23:00-00:30				HOSTED BY XCURSION

SUNDAY	The Cube (Technique)	The Playroom (Adventure)	The Track (Fitness)	The Queen Vic (Non Stop Music)
10:00-11:00	Dreamboats & Petticoats - Lyndsey Bennett Smooth 50s & 60s to go with your morning coffee	Morning 'Jerusalem' - Debbie Attwood Step your way to happy and learn this Internet Craze (All)	SwingFit - Ruth Adamson Dance based fitness to Swing music (All)	SACK THE DJ! Sign up for your chance to host 30 mins of music!
11:15-12:15	For The Love Of Line - Barry Watson Lord of Line Barry brings 2 exciting challenges (Int+)	Mindful Movement - Lynn Freeston Meditation doesn't have to be motionless! (All)	Progressive Karate - Ad Eamshaw Kick Sunday in the chops! (Int)	80's Energiser - Kevin Hyde Celebrate an electric decade of music
12:30-13:30	Tap (No tap shoes required!) - Zoe Beauvoisin Hard soled shoes and wooden floor/board or Lino (All)	Feeling Hungry? - Veronika Oliver Delicious Hungarian cuisine, perfect for lunchtime! (All)	Gravity Yoga - Tess Newell Targeted Flexibility for Hips, Hamstrings & Spines (All)	Acoustic Dream - Toni Sails A smooth and soulful Sunday afternoon
13:45-14:45	"Missing You" - Rachel Pears Beautiful, lyrical solo choreography to the SILC classic (Int)	Hypnosis: Confidence and Creativity - Steve Woods Unlock your confidence and creativity (All)	Body Conditioning - Tony Epps Strength, flexibility, a full body MOT (All)	Put Your Records On - Tony Riccardi Top tracks from the 60s - 90s on vintage vinyl!
15:00-16:00	Roll With It - Barry Watson Master the elusive body roll (All)	Find Your Core Values - Emma Wright Understanding and reassessing your motivations (All)	Hoop - Veronika Oliver 30 mins Hula basics, 30 minutes challenging stunts! (All)	Swingers Hour - Lyndsey Bennett Time to rock n roll!
16:15-17:15	The Shim Sham - Lyndsey Bennett Famous Lindy Line Dance (All)	15 Second Quiz - Buzby Allen The famous Swish entertainer is BACK (All)	Yoga - Tim Sant-Turner Relaxation evening sequence (All)	Tunes You MIST - Steve Jarvis The top picks from 2020 - it wasn't all bad!
17:30-18:30	Party Line - Ashley Davis An amazing new Line Dance to "Rain On Me" (Int)	The Gentleman Magician - Liam Ball Watch magic illusions unravel on your camera (All)	Hypnotherapy Relaxation - Jo Hart Rejuvenate and refresh for your week ahead (All)	S'FUNK - Kieran Moore Soul Funk Heaven!
18:30-20:00		Open Mic Night - Ellen Dacombe Musicians, singers, poets, time for your 5 minutes of fame (All)		SACK THE DJ! Sign up for your chance to host 30 mins of music!
20:00-21:30				
21:30-23:00				
23:00-00:30				

GREEN = CLASS	PURPLE = MUSIC	GOLD = PREP REQUIRED see www.ceroc.com/mist
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MIST 2 WEEKENDER SCHEDULE

PARTNER ROOMS				
THURSDAY NIGHT 20:00-22:00	Thunderball Room (Ceroc) Test Music - James Ross	Cyclone Zone (SILC) Test Music - Tim Sant-Turner	Tempest Studio (Adventure) Test Music - Lyndsey Bennett	The Bungalow (chalet parties)
FRIDAY	Thunderball Room (Ceroc)	Cyclone Zone (SILC)	Tempest Studio (Adventure)	The Bungalow (chalet parties)
18:30-19:30	Ceroc Tunes - Tony Riccardi			
19:30-20:30	MIST Ceroc! - Brett Stewart 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)	
20:30-22:00	Ceroc Tunes - Hayley Epps Up Tempo Anthems	SILC Zone - Kieran Moore Slow and smooth Tunes	Pure Blues Party - Ben Davies Foot-tapping, body-grooving Blues	
22:00-23:30	Ceroc Tunes - Paul Brooks	SILC Zone - Chris Whitehouse		
23:30-01:00	Ceroc Tunes - Mark O'Reilly	SILC Zone - Caine Langford		
SATURDAY	Thunderball Room (Ceroc)	Cyclone Zone (SILC)	Tempest Studio (Adventure)	The Bungalow (chalet parties)
10:00-11:00	Ceroc For Beginners 1 - Jeni Liversidge Back to Basics for brand newbies (Beg)	SILC GOLD - Paul Brooks A relaxing breakfast, the classics you know and love	Beginners Karate - Ad Earnshaw An introduction to the martial art (All)	
11:15-12:15	Strut & Sway - Jamie Eddy Moves that strut around your living room (Int)	SILC Foundation - Caine & Danni Master the essential technique (Int)	Ready to Rock 'n' Roll - Lyndsey Bennett Get seriously ready for Swingers (All)	
12:30-13:30		SILC Zone - Denise Jaques Smooth SILC music	Bachata - Barry Watson An Intro to Bachata (All)	
13:45-14:45	Adrenaline Junkie - Glen Brooks Moves that LOVE up tempo music! (Int+)	SILC Zone - John Baker Smooth SILC music		
15:00-16:00	Hammertime! - Adam Deller Making the most of a STOP! (Int)	SILC Progressive - Kieran & Charlie Step up your SILC skills (Int+)	More Exotic Drops - David Addis Droppier, Exoticer and even Morier than last time! (Adv)	
16:15-17:15	Where Have You Been! - Natalie Baker Favourite moves for every Intermediate repertoire (Int)	SILC Zone - Kevin Hyde Smooth SILC music	Partnered DISCO - Lyndsey Bennett Couple up and get GROOVY! (All)	
17:30-18:30	Ceroc For Beginners 2 - Jeni Liversidge Back to Basics for brand newbies (Beg)	Connection Perfection - Richard & Zoe Beauvoisin Stay connected with stylish whips, blocks & tricks (Adv)	Argentine Tango 1 - Marc & Rachel An Intro to Argentine Tango (All)	
18:30-20:00	Ceroc Tunes - Jon Gammon Up Tempo Anthems	SILC Zone - Caine Langford Slow and smooth Tunes	Tango Milonga - Marc & Rachel Practice your new Tango Skills	
20:00-21:30	Ceroc Tunes - Hayley Epps	SILC Zone - Ashley Davis	Swing Blues - David Walker	Ceroc Live & Dance Chalet Party 8pm - 10pm
21:30-23:00	Ceroc Tunes - John Baker	SILC Zone - Steph Oram	Lazy Blues - Marc & Rachel	Dragon's pre camp attack Party 10pm - 11pm
23:00-00:30	CAMP ATTACK! - Tim Sant-Turner	SILC Zone - Kieran Moore		
SUNDAY	Thunderball Room (Ceroc)	Cyclone Zone (SILC)	Tempest Studio (Adventure)	The Bungalow (chalet parties)
10:00-11:00	Less Is More - Brett Stewart Simple moves with maximum impact (-Int)	SILC GOLD - Tim Sant-Turner Easy like Sunday morning, the classics you know and love	Beginner/Nervous Dancers - Jeni Liversidge A coffee morning and a chat - build confidence	
11:15-12:15	Move Melding - Jamie Eddy Easy moves constructed into exciting challenges (Int)	SILC Developmental - Kieran & Charlie SILC technique at the highest level (Adv)	Cha Cha - Karen Toko An Intro to Cha Cha (All)	
12:30-13:30		Lunchtime SILC - Kieran Moore Smooth SILC music		
13:45-14:45	Smooth & Groove - Ashley Davis Fluidity with hints of musicality and style (Int)	Chillout Swing - David Walker The slower side of classic Swing	Collegiate Shag - Lyndsey Bennett More impressive footwork for Swingers hour (Int+)	
15:00-16:00	Photogenic - David Addis Posture and poise for that perfect picture (-Int)	SILC Skills - Caine & Danni Oozing with SILC technique (Int+)	Elegant Leans & Lines - Richard & Zoe Beauvoisin Classy & elegant dips & drops (Int+)	
16:15-17:15	Signature Supermoves - Simon Borland Big, Bold and Challenging (Adv)	SILC Zone - Joe Toko Smooth SILC music	Argentine Tango 2 - Marc & Rachel More complex patterns for your Milonga (Int+)	
17:30-18:30	Stop, Block, Roll - Emma Wright Play around with freeze and stylish recovery (Int+)	ToneZ - Toni Sails Creative, lyrical Zouk inspired movement (Adv)	Tango Milonga - Marc & Rachel Practice your new Tango Skills	
18:30-20:00	Ceroc Tunes - Paul Brooks Up Tempo Anthems	ToneZ - Toni Sails Toni's signature style	Contemporary Blues - Marc & Rachel Soft, dreamy, lyrical	
20:00-21:30	Ceroc Tunes - Tony Riccardi	SILC Zone - Denise Jaques	Nu Blues - Ben Davies	
21:30-23:00	Ceroc Tunes - Mark O'Reilly	SILC Zone - John Baker		
23:00-00:30	Happy Ending: Anthems! - Jon Gammon	SILC Zone - Kieran Moore		

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