

MIST 2 WEEKENDER SCHEDULE

VERSION 4b (uploaded 21 Feb 2021)

MIST 2 WEEKENDER SCHEDULE

SOLO ROOMS					PARTNER ROOMS				
THURSDAY NIGHT	Closed	Closed	Closed	Closed	THURSDAY NIGHT	Thunderball Room (Ceroc)	Cyclone Zone (SILC)	Tempest Studio (Adventure)	The Bungalow (chalet parties)
20:00-22:00					20:00-22:00	Test Music - James Ross	Test Music - Tim Sant-Turner	Test Music - Lyndsey Bennett	
FRIDAY	The Cube (Technique)	The Playroom (Adventure)	Closed	Closed	FRIDAY	Thunderball Room (Ceroc)	Cyclone Zone (SILC)	Tempest Studio (Adventure)	The Bungalow (chalet parties)
18:30-19:30					18:30-19:30	Ceroc Tunes - Tony Riccardi			
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)			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	Friday Night Cocktail Making - Barry Watson Mix along with Barry and get the party started! (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					22:00-23:30	Ceroc Tunes - Paul Brooks	SILC Zone - Chris Whitehouse		
23:30-01:00					23:30-01:00	Ceroc Tunes - Mark O'Reilly	SILC Zone - Caine Langford		
SATURDAY	The Cube (Technique)	The Playroom (Adventure)	The Track (Fitness)	The Queen Vic (Non Stop Music)	SATURDAY	Thunderball Room (Ceroc)	Cyclone Zone (SILC)	Tempest Studio (Adventure)	The Bungalow (chalet parties)
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 Energing morning sequence (All)	SACK THE DJ! Sign up for your chance to host 30 mins of music!	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	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	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	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	12:30-13:30		SILC Zone - Denise Jaques Smooth SILC music	Bachata - Barry Watson An Intro to Bachata (All)	Meet The New Guy Who is Rob Thompson?!
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!	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	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	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	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	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-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	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	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!	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		(8-9pm) Poetry Café - Toni Sails - Bring your poetry and share with other aficionados (All)		THE BASEMENT	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			SO Ceroc Cocktail Party 10pm - 11pm	NON STOP CLUB ANTHEMS	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				HOSTED BY XCURSION	23:00-00:30	CAMP ATTACK! - Tim Sant-Turner	SILC Zone - Kieran Moore		
SUNDAY	The Cube (Technique)	The Playroom (Adventure)	The Track (Fitness)	The Queen Vic (Non Stop Music)	SUNDAY	Thunderball Room (Ceroc)	Cyclone Zone (SILC)	Tempest Studio (Adventure)	The Bungalow (chalet parties)
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!	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	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 Earnshaw Kick Sunday in the chops! (Int)	80's Energiser - Kevin Hyde Celebrate an electric decade of music	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	Tap (No tap shoes required!) - Zoe Beauvoisin Hard soled shoes and wooden floor/board or Lino (All)	Feeling Hungary? - 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	12:30-13:30	Ceroc Tunes - James Ross Upbeat Ceroc Tunes	Lunchtime SILC - Kieran Moore Smooth SILC music		
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	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	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!	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	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!	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	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!	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		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!	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					20:00-21:30	Ceroc Tunes - Tony Riccardi	SILC Zone - Denise Jaques	Nu Blues - Ben Davies	
21:30-23:00					21:30-23:00	Ceroc Tunes - Mark O'Reilly	SILC Zone - John Baker		
23:00-00:30					23:00-00:30	Happy Ending: Anthems! - Jon Gammon	SILC Zone - Kieran Moore		

GREEN = CLASS

PURPLE = MUSIC

GOLD = PREP REQUIRED
see www.ceroc.com/mist

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