

AEROBIC GYMNASTICS TRAINING CAMP "AERO CAMP 2019", ALANTA, MOLĖTAI, LITHUANIA

Sunday 28th July, Planning

TIME SCHEDULE	MATTEO, HALL No. 2	NATALYA, HALL No. 2	RYTIS HALL No. 2	ROMA HALL No. 1	JOLANTA M. HALL No. 1	MARYA HALL No. 1	LORETA HALL No. 4
8:00-12:00	The arrival of athletes/Dalyvių atvykimas						
11:00-12:00							
12:30-13:00	LUNCH/PIETŪS LAF 1, LAF 2, LAF 3						
13:00-13:30	LUNCH/PIETŪS BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2;						
15:00-15:15	General Warm up/Apšilimas MARYA (HALL No. 2) (SEN, AG 2, AG 1)						
15:00-15:15	General Warm up/Apšilimas MATTEO (HALL No. 3) (ND1/ND2, ND 2; LAF)						
15:15-17:30	PHYSICAL CAPACITY (EVALUATION) TESTS/FIZINIO PAJĖGUMO TESTAI ND1/ND2, ND 2; LAF. LORETA S., SAIVA, JOLANTA M., ROMA, LAURA, AISTĖ, IRINA, TAURAS						

TIME SCHEDULE	MATTEO, HALL No. 2	NATALYA, HALL No. 2	RYTIS HALL No. 2	ROMA HALL No. 1	JOLANTA M. HALL No. 1	MARYA HALL No. 1	LORETA HALL No. 4	TAURAS Outdoor	VIRGILIJUS Outdoor	AISTĖ HALL No. 3
15:35-16:30	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 1								
16:30-17:30	ORANGE GROUP 2 (FIG 2) AG 1	RED GROUP 1 (FIG 1) SEN, AG 2			LAF 2	GREEN GROUP 3 (FIG 3) ND 2	LAF 3	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2		
17:30-18:00	DINNER/ VAKARIENĖ LAF 1, LAF 2, LAF 3									
18:00-18:30	DINNER/VAKARIENĖ BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2;									
19:00-21:00	WELCOME EVENING/ASSIGNMENT OF TEAMS/DISCO Susipažinimo vakaras, komandų prisitatymai by GIEDRĖ, LAURA K., TAURAS, AISTĖ, VIRGIS									
20:00-21:00	CREATIVE WORKSHOP/Kūrybinės dirbtuvės SAIVA, SIMONA, SONATA, KAMILĖ									
21:00-21:30	SNACKS/NAKTIPIEČIAI									
21:30	GOOD NIGHT/LABOS NAKTIES									

AEROBIC GYMNASTICS TRAINING CAMP "AERO CAMP 2019", ALANTA, MOLĖTAI, LITHUANIA

Monday 29th July, Planning

TIME SCHEDULE	MATTEO, HALL No. 2	NATALYA, HALL No. 2	RYTIS HALL No. 2	ROMA HALL No. 1	JOLANTA M. HALL No. 1	MARYA HALL No. 1	LORETA HALL No. 4	TAURAS Outdoor	VIRGILIJUS Outdoor	AISTĖ HALL No. 3
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7:30 **GOOD MORNING**

8:00-8:20 Morning Workout up/rytinė mankšta LAURA (Outdoor space) (SEN, AG 2, AG 1, LAF 1)

8:00-8:20 Morning Workout up/rytinė mankšta AISTĖ (Outdoor space/HALL No. 3) Zumba Kids (ND1/ND2, ND2, LAF 2, 3)

8:30-9:00 **BREAKFAST/PUSRYČIAI** LAF 1, LAF 2, LAF 3

9:00-9:30 **BREAKFAST/PUSRYČIAI** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2;

10:00-11:15	ORANGE GROUP 2 (FIG 2) AG 1	GREEN GROUP 3 (FIG 3) ND 2	RED GROUP 1 (FIG 1) SEN, AG 2	LAF 2	LAF 1	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	LAF 3			
11:15-12:15	GREEN GROUP 3 (FIG 3) ND 2	ORANGE GROUP 2 (FIG 2) AG 1		LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	LAF 2	RED GROUP 1 (FIG 1) SEN, AG 2		LAF 1		LAF 3

12:30-13:00 **LUNCH/PIETŪS** LAF 1, LAF 2, LAF 3

13:00-13:30 **LUNCH/PIETŪS** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2

13:30-15:00 Recovery/Relax Time/Laisvas laikas

TIME SCHEDULE	MATTEO, HALL No. 2	NATALYA, HALL No. 2	RYTIS HALL No. 2	ROMA HALL No. 1	JOLANTA M. HALL No. 1	MARYA HALL No. 1	LORETA HALL No. 4	TAURAS Outdoor	VIRGILIJUS Outdoor	AISTĖ HALL No. 3
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15:00-16:15	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 1	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	LAF 1	LAF 3	GREEN GROUP 3 (FIG 3) ND 2	LAF 2			
16:15-17:15	ORANGE GROUP 2 (FIG 2) AG 1	RED GROUP 1 (FIG 1) SEN, AG 2	GREEN GROUP 3 (FIG 3) ND 2	LAF 3	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	LAF 1		LAF 2		

17:30-18:00 **DINNER/VAKARIENĖ** LAF 1, LAF 2, LAF 3

18:00-18:30 **DINNER/VAKARIENĖ** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2;

19:00-21:00 CINEMA EVENING\Kinų vakaras GIEDRĖ, LAURA

19:00-21:30 CREATIVE WORKSHOP\Kūrybinės dirbtuvės SAIVA, SIMONA, SONATA, KAMILĖ

21:00-21:30 **SNACKS/NAKTIPIEČIAI**

21:30 **GOOD NIGHT/LABOS NAKTIES**

AEROBIC GYMNASTICS TRAINING CAMP "AERO CAMP 2019", ALANTA, MOLĖTAI, LITHUANIA

Tuesday 30th July, Planning

TIME SCHEDULE	MATTEO, HALL No. 2	NATALYA, HALL No. 2	RYTIS HALL No. 2	ROMA HALL No. 1	JOLANTA M. HALL No. 1	MARYA HALL No. 1	LORETA HALL No. 4	TAURAS Outdoor	VIRGILIJUS Outdoor	AISTĖ HALL No. 3
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7:30 **GOOD MORNING**

8:00-8:20 Morning Workout up/rytinė mankšta LAURA (Outdoor space) (SEN, AG 2, AG 1, LAF 1)

8:00-8:20 Morning Workout up/rytinė mankšta AISTĖ (Outdoor space/HALL No. 3) Zumba Kids (ND1/ND2, ND2, LAF 2, 3)

8:30-9:00 **BREAKFAST/PUSRYČIAI** LAF 1, LAF 2, LAF 3

9:00-9:30 **BREAKFAST/PUSRYČIAI** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2;

10:00-11:15	GREEN GROUP 3 (FIG 3) ND 2	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 1	LAF 3	LAF 2	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	LAF 1		
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11:15-12:15	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 1	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	LAF 1	LAF 3	GREEN GROUP 3 (FIG 3) ND 2		LAF 2	
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12:30-13:00 **LUNCH/PIETŪS** LAF 1, LAF 2, LAF 3

13:00-13:30 **LUNCH/PIETŪS** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2

14:30-15:00 Recovery/Relax Time/Laisvas laikas

TIME SCHEDULE	MATTEO, HALL No. 2	NATALYA, HALL No. 2	RYTIS HALL No. 2	ROMA HALL No. 1	JOLANTA M. HALL No. 1	MARYA HALL No. 1	LORETA HALL No. 4	TAURAS Outdoor	VIRGILIJUS Outdoor	AISTĖ HALL No. 3
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15:00-16:15	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 1	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	LAF 2	LAF 1	GREEN GROUP 3 (FIG 3) ND 2	LAF 3		
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16:15-17:15	LAF 1	GREEN GROUP 3 (FIG 3) ND 2	RED GROUP 1 (FIG 1) SEN, AG 2			ORANGE GROUP 2 (FIG 2) AG 1	LAF 3	LAF 2	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2
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17:30-18:00 **DINNER/ VAKARIENĖ** LAF 1, LAF 2, LAF 3

18:00-18:30 **DINNER/VAKARIENĖ** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2;

19:00-21:00 TALENT EVENING/TALENTŲ VAKARAS GIEDRĖ, LAURA, AISTĖ

19:00-21:30 CREATIVE WORKSHOP/Kūrybinės dirbtuvės SAIVA, SIMONA, SONATA, KAMILĖ

21:00-21:30 **SNACKS/NAKTIPIEČIAI**

21:30 **GOOD NIGHT/LABOS NAKTIES**

AEROBIC GYMNASTICS TRAINING CAMP "AERO CAMP 2019", ALANTA, MOLĖTAI, LITHUANIA

Wednesday 31th July, Planning

TIME	MATTEO, HALL	NATALYA, HALL	ROMA HALL No.	JOLANTA M.	MARYA HALL	LORETA HALL	VIRGILIJUS	AISTĖ HALL
SCHEDULE	No. 2	No. 2	RYTIS HALL No. 2 1	HALL No. 1	No. 1	No. 4	TAURAS Outdoor	Outdoor No. 3

7:30 **GOOD MORNING**

8:00-8:20 Morning Workout up/rytinė mankšta LAURA (Outdoor space) (SEN, AG 2, AG 1, LAF 1)

8:00-8:20 Morning Workout up/rytinė mankšta AISTĖ (Outdoor space/HALL No. 3) Zumba Kids (ND1/ND2, ND2, LAF 2, 3)

8:30-9:00 **BREAKFAST/PUSRYČIAI** LAF 1, LAF 2, LAF 3

9:00-9:30 **BREAKFAST/PUSRYČIAI** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2;

10:00-11:15	GREEN GROUP 3 (FIG 3) ND 2	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 1	LAF 3	LAF 2	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	LAF 1	
11:15-12:15	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 1	GREEN GROUP 3 (FIG 3) ND 2	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2		LAF 1	LAF 2	LAF 3

12:30-13:00 **LUNCH/PIETŪS** LAF 1, LAF 2, LAF 3

13:00-13:30 **LUNCH/PIETŪS** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2

13:30-19:00 **A TRIP/ Išvyka**

19:30-20:00 **DINNER/ VAKARIENĖ** LAF 1, LAF 2, LAF 3

20:00-20:30 **DINNER/VAKARIENĖ** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2;

21:30 **GOOD NIGHT/LABOS NAKTIES**

AEROBIC GYMNASTICS TRAINING CAMP "AERO CAMP 2019", ALANTA, MOLĖTAI, LITHUANIA

Thursday 1th August, Planning

TIME SCHEDULE	MATTEO, HALL No. 2	NATALYA, HALL No. 2	ROMA HALL No. 2 RYTIS HALL No. 2 1	JOLANTA M. HALL No. 1	MARYA HALL No. 1	ROKAS HALL No. 1	TAURAS Outdoor	VIRGILIJUS Outdoor	AISTĖ HALL No. 3
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7:30 **GOOD MORNING**

8:00-8:20 Morning Workout up/rytinė mankšta LAURA (Outdoor space) (SEN, AG 2, AG 1, LAF 1)

8:00-8:20 Morning Workout up/rytinė mankšta AISTĖ (Outdoor space/HALL No. 3) Zumba Kids (ND1/ND2, ND2, LAF 2, 3)

8:30-9:00 **BREAKFAST/PUSRYČIAI** LAF 1, LAF 2, LAF 3

9:00-9:30 **BREAKFAST/PUSRYČIAI** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2;

10:00-11:15	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	ORANGE GROUP 2 (FIG 2) AG 1	LAF 2	LAF 1	LAF 3	GREEN GROUP 3 (FIG 3) ND 2	RED GROUP 1 (FIG 1) SEN, AG 2
11:15-12:15	LAF 1	RED GROUP 1 (FIG 1) SEN, AG 2	GREEN GROUP 3 (FIG 3) ND 2	LAF 3	LAF 2	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	ORANGE GROUP 2 (FIG 2) AG 1

12:30-13:00 **LUNCH/PIETŪS** LAF 1, LAF 2, LAF 3

13:00-13:30 **LUNCH/PIETŪS** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2

14:30-15:00 Recovery/Relax Time/Laisvas laikas

TIME SCHEDULE	MATTEO, HALL No. 2	NATALYA, HALL No. 2	ROMA HALL No. 2 RYTIS HALL No. 2 1	JOLANTA M. HALL No. 1	MARYA HALL No. 1	ROKAS HALL No. 1	TAURAS Outdoor	VIRGILIJUS Outdoor	AISTĖ HALL No. 3
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15:00-16:15	ORANGE GROUP 2 (FIG 2) AG 1	RED GROUP 1 (FIG 1) SEN, AG 2	LAF 1	LAF 3	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	LAF 2	GREEN GROUP 3 (FIG 3) ND 2
16:15-17:15		GREEN GROUP 3 (FIG 3) ND 2	RED GROUP 1 (FIG 1) SEN, AG 2	LAF 1	ORANGE GROUP 2 (FIG 2) AG 1	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	

LAF 3	LAF 2
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17:30-18:00 **DINNER/VAKARIENĖ** LAF 1, LAF 2, LAF 3

18:00-18:30 **DINNER/VAKARIENĖ** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2;

19:00-21:00 TREASURE HUNDT/LOBIO PAIEŠKA GIEDRĖ, LAURA, AISTĖ, VIRGIS, TAURAS

19:00-21:30 CREATIVE WORKSHOP/Kūrybinės dirbtuvės SAIVA, SIMONA, SONATA, KAMILĖ

21:00-21:30 **SNACKS/NAKTIPIEČIAI**

AEROBIC GYMNASTICS TRAINING CAMP "AERO CAMP 2019", ALANTA, MOLĖTAI, LITHUANIA

Friday 2nd August, Planning

TIME SCHEDULE	MATTEO, HALL No. 2	NATALYA, HALL No. 2	ROMA HALL No. 1	JOLANTA M. HALL No. 1	MARYA HALL No. 1	ROKAS HALL No. 1	TAURAS Outdoor	VIRGILIJUS Outdoor	AISTĖ HALL No. 3
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7:30 **GOOD MORNING**

8:00-8:20 Morning Workout up/rytinė mankšta LAURA (Outdoor space) (SEN, AG 2, AG 1, LAF 1)

8:00-8:20 Morning Workout up/rytinė mankšta AISTĖ (Outdoor space/HALL No. 3) Zumba Kids (ND1/ND2, ND2, LAF 2, 3)

8:30-9:00 **BREAKFAST/PUSRYČIAI** LAF 1, LAF 2, LAF 3

9:00-9:30 **BREAKFAST/PUSRYČIAI** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2;

10:00-11:15	ORANGE GROUP 2 (FIG 2) AG 1	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	LAF 1	LAF 2	LAF 3	GREEN GROUP 3 (FIG 3) ND 2	RED GROUP 1 (FIG 1) SEN, AG 2
11:15-12:15	RED GROUP 1 (FIG 1) SEN, AG 2	GREEN GROUP 3 (FIG 3) ND 2	LAF 3	LAF 1	LAF 2	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	ORANGE GROUP 2 (FIG 2) AG 1

12:30-13:00 **LUNCH/PIETŪS** LAF 1, LAF 2, LAF 3

13:00-13:30 **LUNCH/PIETŪS** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2

13:30-15:00 Recovery/Relax Time/Laisvas laikas

TIME SCHEDULE	MATTEO, HALL No. 2	NATALYA, HALL No. 2	RYTIS HALL No. 2	ROMA HALL No. 1	JOLANTA M. HALL No. 1	MARYA HALL No. 1	ROKAS HALL No. 1	TAURAS Outdoor	VIRGILIJUS Outdoor	AISTĖ HALL No. 3
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15:10-16:15	RED GROUP 1 (FIG 1) SEN, AG 2	ORANGE GROUP 2 (FIG 2) AG 1	LAF 2	LAF 3	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2	LAF 1	GREEN GROUP 3 (FIG 3) ND 2
16:15-17:15	GREEN GROUP 3 (FIG 3) ND 2	RED GROUP 1 (FIG 1) SEN, AG 2	LAF 3	LAF 2	LAF 1	ORANGE GROUP 2 (FIG 2) AG 1	LIGHT BLUE GROUP 4 (FIG 4) ND1/ND2

17:30-18:00 **DINNER/VAKARIENĖ** LAF 1, LAF 2, LAF 3

18:00-18:30 **DINNER/VAKARIENĖ** BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2;

19:00-21:00 BEACH PARTY/PAPLŪDYMIO VAKARĖLIS GIEDRĖ, AISTĖ, VIRGIS, LAURA, TAURAS

19:00-21:30 CREATIVE WORKSHOP/Kūrybinės dirbtuvės SAIVA, SIMONA, SONATA, KAMILĖ

21:30 **GOOD NIGHT/LABOS NAKTIES**

AEROBIC GYMNASTICS TRAINING CAMP "AERO CAMP 2019", ALANTA, MOLĖTAI, LITHUANIA

Saturday 3th August, Planning

TIME SCHEDULE	MATTEO, HALL No. 2	NATALYA, HALL No. 2	ROMA HALL No. 1	JOLANTA M. HALL No. 1	MARYA HALL No. 1	ROKAS HALL No. 1	TAURAS Outdoor	VIRGILIJUS Outdoor	AISTĖ HALL No. 3
7:30	GOOD MORNING								
8:30-9:00	BREAKFAST/PUSRYČIAI LAF 1, LAF 2, LAF 3								
9:00-9:30	BREAKFAST/PUSRYČIAI BLUE GROUP 4 (FIG 4) ND1/ND 2; PURPLE GROUP 3 (FIG 3) ND2; GREEN GROUP 2 (FIG 2) AG 1; RED GROUP 1 (FIG 1) SEN, AG 2;								
11:00-14:00	CAMP CLOSING CEREMONY/STPVYKLOS UŽDARYMAS "AERO CAMP 2019", ALANTA, MOLĖTAI, LITHUANIA								
	DEPARTURE/FAREWELL TO YOUR FRIENDS/ Išvykimas, atsisveikinimas su draugais								

COACHES/TRENERIAI

Matteo	sudėtingumo elementai C grupė
Natalya	G+, sudėtingumo elementai A grupė
Rytis	klasikinė/moderni choreografija
Roma	akrobatika/sudėtingumo elementai
Jolanta	AG choreografija/sudėtingumo elementai
Marya	sudėtingumo elementai B, D grupės
Loreta	choreografija
Tauras/Virgilijus	bendras fizinis parengimas
Giedrė	laisvalaikio organizavimas
Laura	rytinė mankšta/laisvalaikio organizavimas
Aistė	Zumba/laisvalaikio organizavimas
Rokas	akrobatika
Saiva	Kūrybinės dirbtuvės
Simona	Kūrybinės dirbtuvės
Sonata	Kūrybinės dirbtuvės
Kamilė	Kūrybinės dirbtuvės
Irina	stovyklos organizaciniai klausimai