



# ONE BODY ONE CAREER COUNTERTECHNIQUE INTENSIVE (OBOC) - WEEK 2

## DAY 6 - Friday 2 August

	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30
Gym		9:30 - 11:30 Class / A					11:45 - 13:45 Class / E (S)					13:45 - 16:15 Crumble, Cut or Burn / A (J)					16:30 - 18:00 Working With What Is Real / N			
Studio 4/5		9:30 - 11:30 PT / E (S)				B R E A K	11:45 - 13:45 PT / A				B R E A K					B R E A K	16:30 - 18:00 Elective: AT in daily life / T			
Studio 1							Class continues / N					16:30 - 18:00 On and Beyond / J					16:30 - 18:00 Elective: Extra Countertechnique Class / S			
Studio 2		9:45 - 11:45 PT / N				B R E A K	12:00 - 14:00 Class / N				B R E A K	13:45 - 16:15 Working With What Is Real / N				B R E A K	16:30 - 18:00 Elective: Functionality and Stretching / A			
Studio 7			Petra Silhart Casey Hess (dell TBC)	Jon Hung Huang Diondra Cromwell Mywulak	Hin Wan Man Moses Ward				Gisela Zarco Evelina Costa	Stephanie Leong Brian Liu										

## DAY 7 - Saturday 3 August

	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30
Gym		9:30 - 11:30 Class / N					11:45 - 13:45 Class / A (J)					13:45 - 16:15 Working With What Is Real / N					16:30 - 18:00 Crumble, Cut or Burn / A			
Studio 4/5		9:30 - 11:30 PT / A				B R E A K	11:45 - 13:45 PT / N				B R E A K	13:45 - 16:15 Elective: AT in daily life / T				B R E A K	16:30 - 18:00 Elective: How to work with a Tool / N			
Studio 2		9:30 - 11:30 Class / E (S)					11:45 - 13:45 PT / E (S)					13:45 - 16:15 On and Beyond / J					16:30 - 18:00 Elective: Extra Countertechnique Class / S			
Studio 7					Clare Whitaker Jenny Pomaris	Nathalie Wiberg Bailey Kager			Myrgha Lee Claudia Bolam	Dipak Prasad Noreen Piaz Dya Nadu										

## DAY 8 - Sunday 4 August

	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30
Gym		9:30 - 11:30 Class / A					11:45 - 13:45 Class / E (S)					13:45 - 16:15 Crumble, Cut or Burn / A					16:30 - 18:00 On and Beyond / J			
Studio 6/7		9:30 - 11:30 PT + build personal Toolbox / E (S)				B R E A K	11:45 - 13:45 PT / A				B R E A K	13:45 - 16:15 AT and Pain / T				B R E A K	16:30 - 18:00 Elective: AT and Pain / T			
Studio 1												13:45 - 16:15 Working With What Is Real / N					16:30 - 18:00 Elective: Extra Countertechnique Class / S			
Studio 2		9:30 - 11:30 Class / N (J)				B R E A K	11:45 - 13:45 PT + recap tools / N				B R E A K					B R E A K				
Studio 5			Noah Romgart Eric Flynn	Lynne Scharf Diondas Strimaitis				Eric D'Amico Michelle D'Amico	Noah Romgart Bara Schwing											

## DAY 9 - Monday 5 August

	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30
Gym		9:30 - 11:30 Class (use personal Toolbox) / S					11:45 - 13:45 Class / A (J)					13:45 - 16:15 Crumble, Cut or Burn / A					16:30 - 18:00 On and Beyond / J			
Studio 4/5		9:30 - 11:30 PT / A				B R E A K	11:45 - 13:45 PT / E (S)				B R E A K					B R E A K	16:30 - 18:00 Elective: Q & A / N, S			
Studio 1							Class continues / N					13:45 - 16:15 Working With What Is Real / N					16:30 - 18:00 Crumble, Cut or Burn / A			
Studio 2		9:30 - 11:30 PT / N				B R E A K	12:00 - 14:00 Class / N				B R E A K	13:45 - 16:15 On and Beyond / J				B R E A K	16:30 - 18:00 Elective: AT wrap up / T			

## DAY 10 - Tuesday 6 August

	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30		
Gym		9:30 - 11:15 Class / S				B R E A K	11:30 - 13:15 Class / N				B R E A K	13:15 - 15:00 Class / A (J)				B R E A K	15:15 - 16:45 Crumble, Cut or Burn / A				17:00 - 18:00 workshop sharing	18:00 - closing party
Studio 1												13:00 - 15:15 studio available for workshops					15:15 - 16:45 On and Beyond / J					
Studio 2										13:45 - 15:15 studio available for workshops				15:15 - 16:45 Working With What Is Real / N								