



**FRIDAY: 19:30 – 21:00 POLE WORKSHOP**

<b>ΠΡΟΓΡΑΜΜΑ - COMPETITION SCHEDULE</b>			
<b>ΣΑΒΒΑΤΟ 20 ΙΟΥΝΙΟΥ 2026 - SATURDAY 20/6/2026</b>			
<b>09:00 - 9:15</b>	<b>ΕΝΑΡΞΗ – ΚΑΛΩΣΟΡΙΣΜΑ / WELCOMING</b>		
09:15 – 09:30	SLING WOMEN KIDS BEGINNERS		
09:30 - 10:55	SLING WOMEN JUVENILE 1 BEGINNERS		
10:55 - 11:10	SLING WOMEN JUVENILE 1 ADVANCED		
11:10- 12:45	SLING WOMEN JUVENILE 2 BEGINNERS		
12:45 – 13:50	SLING WOMEN JUVENILE 2 ADVANCED		
13:50 – 14:15	ALL DUO SLING	JUVENILES 1 BEG JUVENILES 2 BEG JUNIORS 1 BEG YOUTH BEG	
<b>14:15 – 14:45</b>	<b>ΑΠΟΝΟΜΕΣ</b>		
<b>14:45 – 15:00</b>	<b>ΔΙΑΛΕΙΜΜΑ</b>		
<b>15:00 -16:00</b> Όλα τα <b>DUO</b> <b>HOOP</b>	DUO AERIAL HOOP JUVENILE 1 BEGGINERS		
	DUO AERIAL HOOP JUVENILE 2 BEGGINERS		
	DUO AERIAL HOOP JUVENILE 2 ADVANCED		
	DUO AERIAL HOOP JUNIOR 1 BEGGINERS		
	DUO AERIAL HOOP JUNIOR 2 BEGGINERS		
	DUO AERIAL HOOP ADVANCED		
16:00 – 16:45	SLING WOMEN JUNIOR 2 ADVANCED		
16:45 – 17:00	SHOW DANCE ARTISTIC SOLO AERIAL SLING		
17:00 – 18:20	SLING WOMEN JUNIOR 1 BEGINNERS		
18:20 – 19:00	SLING WOMEN JUNIOR 1 ADVANCED	<b><u>18:30 – 20:30</u></b> <b><u>WORKSHOP</u></b> <b><u>HOOP</u></b>	
19:00 – 19:45	SLING WOMEN JUNIOR 2 BEGINNERS		
19:45 – 20:15	<b>AWARDS / ΑΠΟΝΟΜΕΣ</b>		
20:15 – 20:30	<b>BREAK / ΔΙΑΛΕΙΜΜΑ</b>		



20:30 – 20:35	SLING WOMEN YOUTH BEGINNERS		
20:35 – 21:00	SLING WOMEN YOUTH ADVANCED		
21:00 – 21:10	SLING WOMEN 19+ADULT BEGINNERS		
21:10 – 21:30	SLING WOMEN 19+ ADULT ADVANCED		
21:30 – 21:40	PROFESSIONAL SLING WOMEN / 40+ ADULT ADVANCED		
21:40 -21:45	SLING MEN 19+ ADULT ADVANCED		
<b>21:45- 22:00</b>	<b>AWARDS / ΑΠΟΝΟΜΕΣ</b>		



**ΠΡΟΓΡΑΜΜΑ – COMPETITION SCHEDULE**

**ΚΥΡΙΑΚΗ 21 ΙΟΥΝΙΟΥ 2026 - SUNDAY 21/6/2026**

<b>9:00 – 9:15</b>	<b>ΚΑΛΩΣΟΡΙΣΜΑ / WELCOMING</b>	
9:15 – 09:20	SILKS WOMEN JUVENILE 1 BEGINNERS	
09:20 – 09:30	SILKS WOMEN JUVENILE 1 ADVANCED	
09:30 – 10:35	SILKS WOMEN JUVENILE 2 BEGINNERS	
10:35 – 11:05	SILKS WOMEN JUVENILE 2 ADVANCED	
11:05 – 11:55	SILKS WOMEN JUNIOR 1 BEGINNERS	
11:55 – 12:30	SILKS WOMEN JUNIOR 1 ADVANCED	
12:30 – 12:55	SILKS WOMEN JUNIOR 2 BEGINNERS	
12:55 – 13:10	SILKS WOMEN JUNIOR 2 ADVANCED	
13:10 – 13:15	SILKS WOMEN YOUTH BEGINNERS	
13:15 – 13:45	SILKS WOMEN YOUTH ADVANCED	
13:45 – 13:50	DUO SILKS JUNIORS ADVANCED	
13:50 – 14:00	SILKS WOMEN 19+ ADULT BEGINNERS	
14:00 – 14:10	SILKS WOMEN 19+ ADULT ADVANCED	
14:10 – 14:20	SILKS WOMEN 40+ ADULT ADVANCED	
14:20 – 14:25	SILKS WOMEN PROFESSIONAL	
<b>14:30 – 15:00</b>	<b>AWARDS / ΑΠΟΝΟΜΕΣ</b>	
<b>15:00 – 15:15</b>	<b>BREAK / ΔΙΑΛΕΙΜΜΑ</b>	
<b>15:15 – 15:35</b>	<b>SHOW + FREE CHOICE</b>	<b>FREE CHOICE DUO SHOW SLING+HOOP DUO FREE CHOICE</b>
15:35 – 15:40	ROPE WOMEN 19+ ADVANCED	
15:40 – 15:45	STRAPS WOMEN JUVENILE 2 BEGINNERS	
15:45 – 15:50	STRAPS WOMEN JUVENILE 2 ADVANCED	
15:50 – 15:55	HOOP WOMEN KIDS BEGINNERS	
15:55 – 16:10	HOOP WOMEN JUVENILE 1 BEGINNERS	
16:10 – 16:15	HOOP WOMEN JUVENILE 1 ADVANCED	
16:15 – 16:35	HOOP WOMEN JUVENILE 2 BEGINNERS	
16:35 – 17:10	HOOP WOMEN JUVENILE 2 ADVANCED	
17:10 – 17:50	HOOP WOMEN JUNIOR 1 BEGINNERS	
17:50 – 18:05	HOOP WOMEN JUNIOR 1 ADVANCED	
18:05 – 18:30	HOOP WOMEN JUNIOR 2 BEGINNERS	
18:30 – 18:45	HOOP WOMEN JUNIOR 2 ADVANCED	<b><u>16:30 – 18:00 SILKS SEMIN</u></b>
18:45 – 18:50	HOOP WOMEN YOUTH BEGINNERS	
18:50 – 19:00	HOOP WOMEN YOUTH ADVANCED	
19:00 – 19:35	HOOP WOMEN 19+ ADULT BEGINNERS	
19:35 – 19:50	HOOP WOMEN 19+ ADULT ADVANCED	
19:50 – 20:10	HOOP WOMEN PROFESSIONAL	



**20:10 - 20:40**

**AWARDS / ΑΠΟΝΟΜΕΣ**

