

# SEMINAR



5 - 7 MAY, 2023.

#### **FRIDAY**

13.00H

**ROLL-IN** 

Meet & Greet Warming-up

15.00H

Backstroke Push & Pull Steezy Lean

Recoil Riff

17.00H

**BREAK** 

19.00H

T-Lats

Inbound Drift Play Roll Up Swift Down

21.00H

Choose your Move

22.30H

**END** 

## SATURDAY

13.00H

**ROLL-IN** 

14.00H

Soulistic Shuffle

8-Track

**Crossfire Combo** 

15.30H

**Dub-A-Licious** 

Raggamuffin

17.00H

**BREAK** 

19.00H

Hustle & Bustle Splitter Riff

**Boogie Crawler** 

21.00H

Choose your Move

22.30H

**END** 

### SUNDAY

10.00H - 12.00H

**ROLL-IN** 

Questions

& extra pointers

@ THE DEEP

13.30H

# VIBE WITH THE TRIBE

@ Zuiderpark The Hague

19.00H

**END** 

Soulful Fitness Roller Skate Training presented by Quadsk8 & MBM Coaching, hosted by the Es Quint Foundation.