

SUMMER

LAB

INTENSIVE DANCE TRAINING PROGRAMME

20 — 24 JUL '26

Teatro Viriato Viseu



SCHEDULE || GROUP A → 16 to 20 years old (dance students)

	20.JUL monday	21.JUL tuesday	22.JUL wednesday	23.JUL thursday	24.JUL friday
09h30 - 11h00	<i>Classical Dance</i> Rui Reis				
11h15 - 12h45	<i>Contemporary Dance</i> Margarida Belo Costa				
Lunch break					
14h00 - 15h30	<i>Repertoire Crystal Pite</i> Spencer Dickhaus				
15h45 - 17h15	<i>Improvisation / Composition</i> Telma João Santos				
17h30 - 19h00	<i>Choreographic Lab</i> Bryan Arias				

PARTNERSHIP



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SCHEDULE || GROUP B → 18+ (dance professionals)

	20.JUL monday	21.JUL tuesday	22.JUL wednesday	23.JUL thursday	24.JUL friday
09h30 - 11h00	<i>Contemporary Dance</i> Margarida Belo Costa				
11h15 - 12h45	<i>Classical Dance</i> Rui Reis				
Lunch break					
14h00 - 15h30	<i>Improvisation / Composition</i> Telma João Santos				
15h45 - 17h15	<i>Choreographic Lab</i> Bryan Arias				
17h30 - 19h00	<i>Repertoire Crystal Pite</i> Spencer Dickhaus				

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20 — 24 JUL '26

Teatro Viriato Viseu



SCHEDULE || GROUP C → 18+ (non-professionals, with dance experience)

	20.JUL monday	21.JUL tuesday	22.JUL wednesday	23.JUL thursday	24.JUL friday
16h00 - 17h30	<i>Choreographic Lab</i> Margarida Belo Costa	<i>Classical Dance</i> Rui Reis	<i>Choreographic Lab</i> Margarida Belo Costa	<i>Classical Dance</i> Rui Reis	<i>Choreographic Lab</i> Margarida Belo Costa
17h45 - 19h15	<i>Improvisation / Composition</i> Telma João Santos	<i>Choreographic Lab</i> Margarida Belo Costa	<i>Improvisation / Composition</i> Telma João Santos	<i>Choreographic Lab</i> Margarida Belo Costa	<i>Improvisation / Composition</i> Telma João Santos

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