

# CHEER UP WORLD



## CHEER UP WORLD 2023 ACTIVITIES MAP & SCHEDULES

**FLOOR 0**  
**FESTIVAL ENTRANCE**

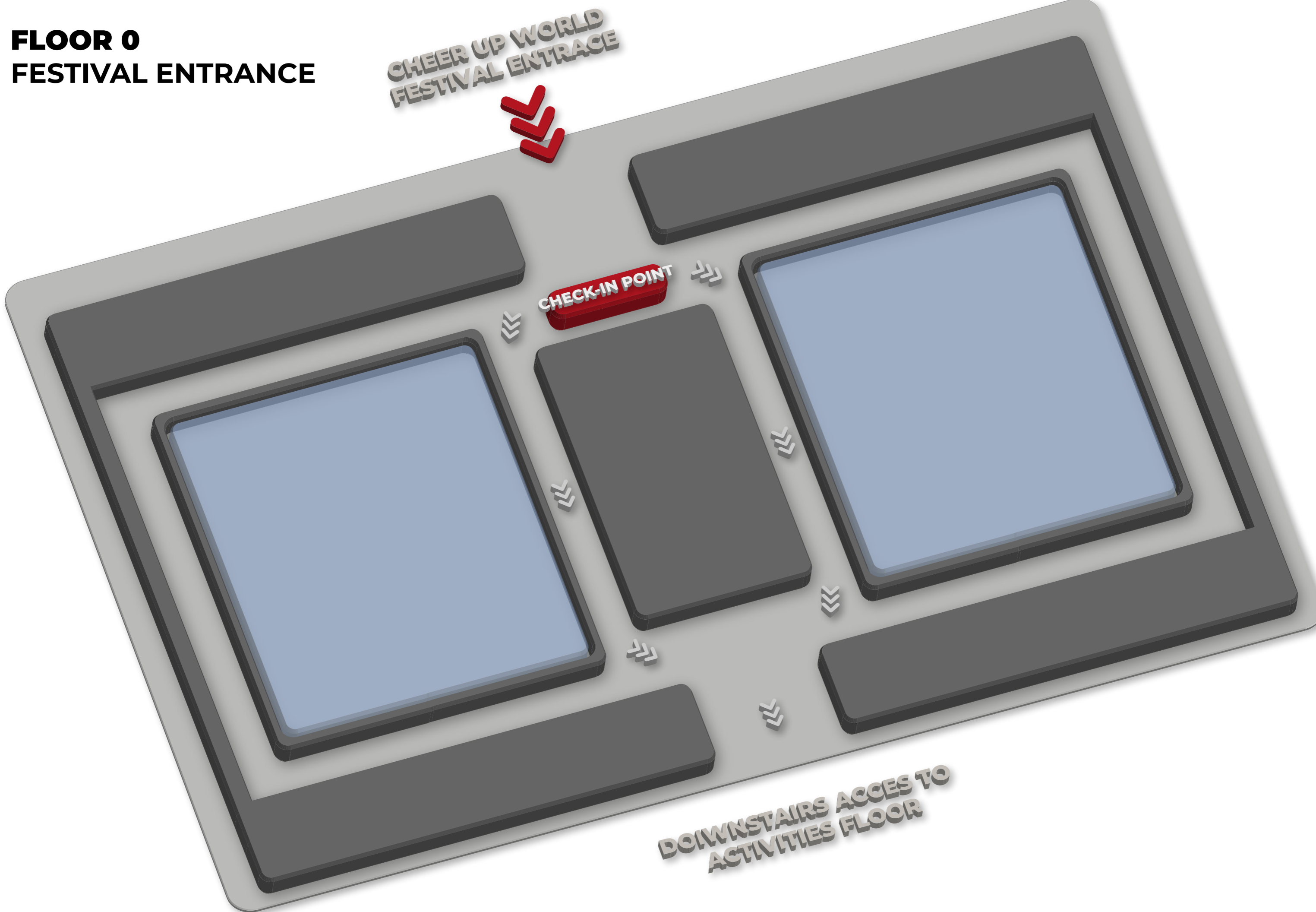
**CHEER UP WORLD  
FESTIVAL ENTRANCE**



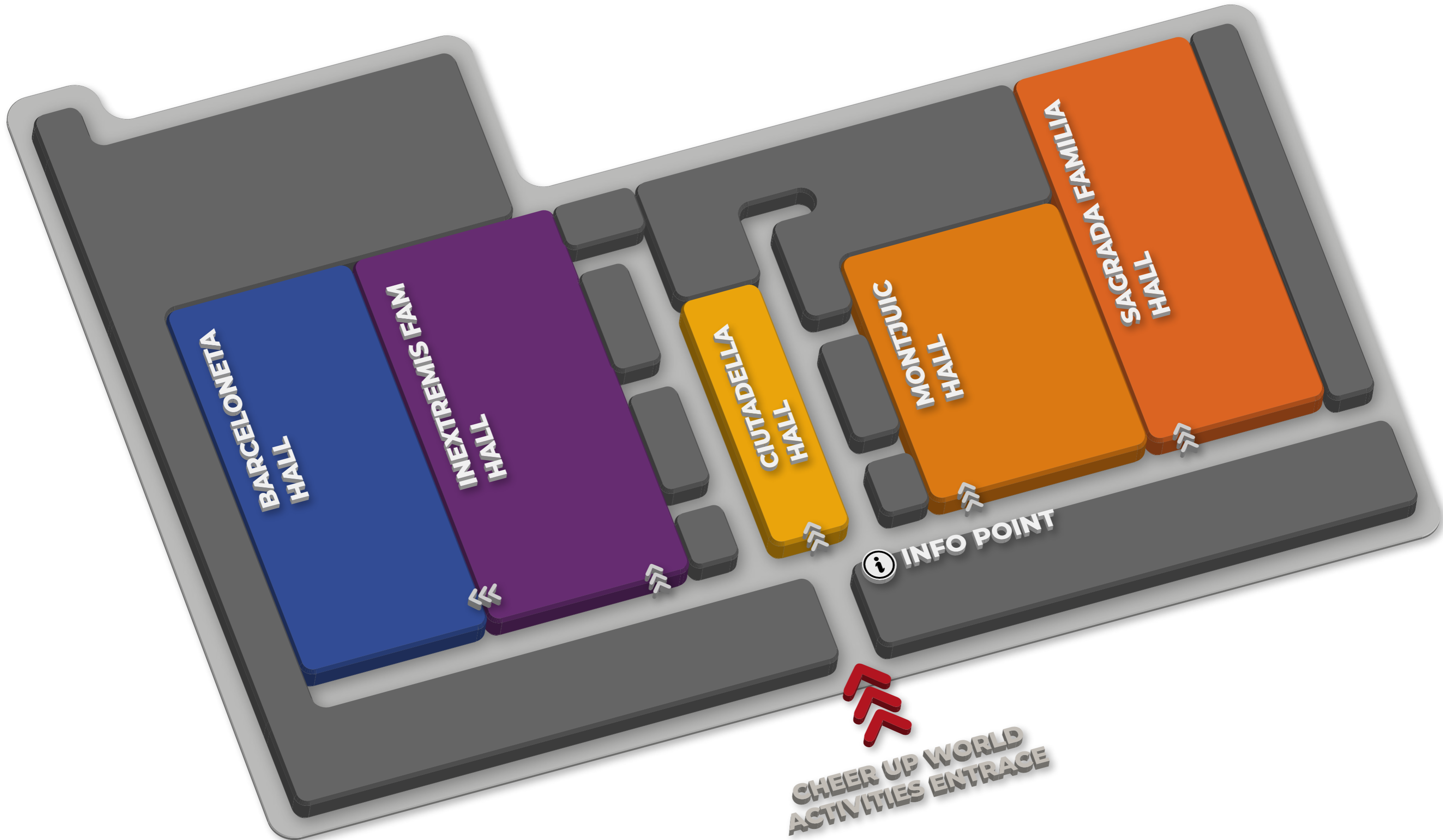
**CHECK-IN POINT**



**DOWNSTAIRS ACCES TO  
ACTIVITIES FLOOR**



**FLOOR -1**  
**ACTIVITIES FLOOR**





# SAGRADA FAMILIA HALL SCHEDULE (Cheerleading)

## FRIDAY

09:45  
11:00

**OPEN GYM**

11:00  
11:30

**STAFF PRESENTATION + FLASH WARM UP**

11:30  
13:00

**REWIND CRAZINESS**  
Rewind drills & variations  
(Intermediate + Advanced)

13:00  
13:30

**BREAK TIME**

13:30  
15:00

**HANDSPRINGS STUNTS AT ITS FINEST**  
Front and back handsprings stunts drills & variations  
(Intermediate + Advanced)

15:00  
16:00

**BREAK TIME**

16:00  
17:30

**UPSIDE DOWN STUNTS**  
Hand in-hand stunts drills & variations  
(All levels)

17:30  
18:00

**BREAK TIME**

18:00  
19:30

**STUNT AROUND, ASK US WHATEVER YOU WANT TO LEARN**  
Coached open gym  
(All levels)

## SATURDAY

09:45  
10:00

**FLASH WARM UP**

10:00  
11:00

**TOSS LIKE A PRO**  
Toss drills & variations  
(Intermediate + Advanced)

11:00  
11:30

**BREAK TIME**

11:30  
13:00

**SPINNING STUNTS**  
180° - 360° stunts drills & variations  
(All levels)

13:00  
14:30

**LUNCH BREAK**

14:30  
16:00

**DISMOUNTS**  
Creative and clean ways to dismount a stunt  
(All levels)

16:00  
16:30

**BREAK TIME**

16:30  
18:00

**REWIND CRAZINESS**  
Rewind drills & variations  
(Intermediate + Advanced)

18:00  
18:30

**BREAK TIME**

18:30  
20:00

**STUNT AROUND, ASK US WHATEVER YOU WANT TO LEARN**  
Coached open gym  
(All levels)

# MONTJUÏC HALL SCHEDULE (Cheerleading)

## FRIDAY

09:45  
11:00

**GET TO KNOW EVERYONE**  
Get a partner or stunt if you don't have one yet

11:00  
11:30

**BREAK TIME**

11:30  
13:00

**LET'S CLEAN THE BASICS**  
Cheerleading basics & foundation  
(Beginner + intermediate)

13:00  
13:30

**BREAK TIME**

13:30  
15:00

**HOLY JUMPS**  
Cheerleading jumps technique & power drills  
(All levels)

15:00  
16:00

**BREAK TIME**

16:00  
17:30

**ALL ABOUT TIC TOC'S**  
Tic toc stunts drills & variations  
(All levels)

17:30  
18:00

**BREAK TIME**

18:00  
19:30

**LEARN HOW TO ROUND OFF**  
Round off drills  
(Beginner)

## SATURDAY

10:00  
11:00

**TOSS LIKE A PRO**  
Basic toss drills & variations  
(Beginner)

11:00  
11:30

**BREAK TIME**

11:30  
13:00

**FLYERS CLASS**  
Flexibility, balance and postures  
(All levels)

13:00  
14:30

**LUNCH BREAK**

14:30  
16:00

**CHEER EXPERIENCE**  
Try cheerleading for the first time  
(Beginner)

16:00  
16:30

**BREAK TIME**

16:30  
18:00

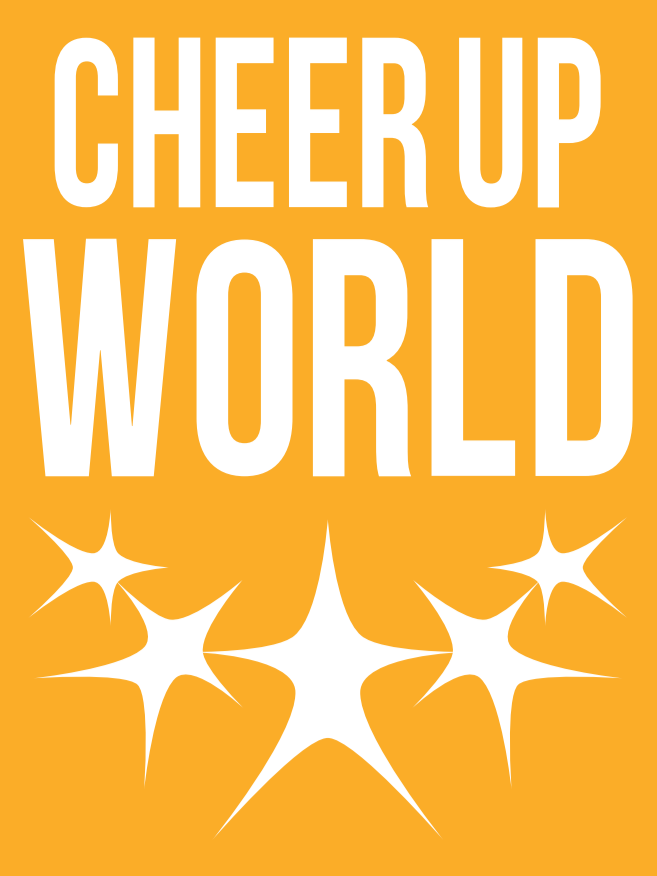
**LEARN HOW TO BACK HANDSPRING**  
Back handspring drills & basics  
(Beginner)

18:00  
18:30

**BREAK TIME**

18:30  
20:00

**UPSIDE DOWN STUNTS**  
Hand in hand stunts drills & variations  
(All levels)



# CIUTADELLA HALL SCHEDULE (Cheer dance)

## FRIDAY

11:30  
13:00

**JAZZ MASTERCLASS**  
(All levels)

13:00  
13:30

**BREAK TIME**

13:30  
15:00

**HIP HOP MASTERCLASS**  
(All levels)

15:00  
16:00

**BREAK TIME**

16:00  
17:30

**BREAKING MASTERCLASS**  
(All levels)

17:30  
18:00

**BREAK TIME**

18:00  
19:30

**POMS + SIDELINE MASTERCLASS**  
(All levels)

## SATURDAY

10:00  
11:00

**POMS MASTERCLASS**  
(All levels)

11:00  
11:30

**BREAK TIME**

11:30  
13:00

**BREAKING MASTERCLASS**  
(All levels)

13:00  
14:30

**LUNCH BREAK**

14:30  
16:00

**SIDELINE MASTERCLASS**  
(All levels)

16:00  
16:30

**BREAK TIME**

16:30  
18:00

**JAZZ MASTERCLASS**  
(All levels)

18:00  
18:30

**BREAK TIME**

18:30  
20:00

**HIP HOP MASTERCLASS**  
(All levels)



# **INEXTREMIS FAM HALL SCHEDULE (Parkour)**

## **FRIDAY**

**09:45  
11:00**

**OPEN GYM**

**11:00  
11:30**

**BREAK TIME**

**11:30  
13:00**

**OPEN GYM**

**13:00  
13:30**

**BREAK TIME**

**13:30  
15:00**

**PARKOUR MASTERCLASS  
(All levels)**

**15:00  
16:00**

**BREAK TIME**

**16:00  
17:30**

**OPEN GYM**

**17:30  
18:00**

**BREAK TIME**

**18:00  
19:30**

**OPEN GYM**

## **SATURDAY**

**10:00  
11:00**

**OPEN GYM**

**11:00  
11:30**

**BREAK TIME**

**11:30  
13:00**

**PARKOUR MASTERCLASS  
(All levels)**

**13:00  
14:30**

**LUNCH BREAK**

**14:30  
16:00**

**OPEN GYM**

**16:00  
16:30**

**BREAK TIME**

**16:30  
18:00**

**PARKOUR EXPERIENCE**  
Try parkour for the first time  
(Beginner)

**18:00  
18:30**

**BREAK TIME**

**18:30  
20:00**

**OPEN GYM**



# BARCELONETA HALL SCHEDULE (Tumbling)

## FRIDAY

09:45  
11:00

**OPEN GYM**

11:00  
11:30

**BREAK TIME**

11:30  
13:00

**LANDING ON FOAM**  
Tumbling with soft landing drills & progressions  
(All levels)

13:00  
13:30

**BREAK TIME**

13:30  
15:00

**STICK YOUR BACK TUCK**  
Back tuck drills & variations  
(All levels)

15:00  
16:00

**BREAK TIME**

16:00  
17:30

**RUNNING TUMBLING COMBOS**  
Running tumbling drills & variations  
(All levels)

17:30  
18:00

**BREAK TIME**

18:00  
19:30

**OPEN GYM**

## SATURDAY

10:00  
11:00

**PROGRESSION BEFORE PERFECTION**  
Body lines, rolls, cartwheels, ...  
(Beginner)

11:00  
11:30

**BREAK TIME**

11:30  
13:00

**STANDING FULL & BACK TUCK PERFECTION**  
Standing full/back tuck drills & progressions  
(Intermediate + Advanced)

13:00  
14:30

**LUNCH BREAK**

14:30  
16:00

**RUNNING TUMBLING COMBOS**  
Running tumbling drills & variations  
(All levels)

16:00  
16:30

**BREAK TIME**

16:30  
18:00

**TRICKING MASTERCLASS**  
(All levels)

18:00  
18:30

**BREAK TIME**

18:30  
20:00

**FLIPS & TRICKS**  
Front tucks, aerials, fulls & whatever you want to learn  
(All levels)



# ***SUNDAY SCHEDULE***

**10:00  
11:00**

**CHAMPIONSHIP CHECK-IN  
(INFO POINT)**

**11:00  
11:30**

**ATHLETES WARMUP  
(SAGRADA FAMILIA HALL)**

**11:30  
13:30**

**CHEER CHAMPIONSHIP + SUPER STAFF SHOW  
(SAGRADA FAMILIA HALL)**

**13:30  
14:30**

**LUNCH BREAK**

**14:30  
16:00**

**TUMBLING CHAMPIONSHIP  
(BARCELONETA HALL)**

**16:00  
20:00**

**CUW CLOSING PARTY  
(OUTSIDE AREA)**

**CHEER UP  
WORLD**

