



APL Championships & APL Training Camp 2024

October 11-18, Las Vegas, NV

SCHEDULE*

Location:

Shine Alternative Fitness

6415 S Tenaya Way, STE 100, Las Vegas, NV 89113 USA

Instructors:

Alberto del Campo, Nia Milan, Pink Puma

Day, Location	Time	Activity	Description	Attendance
October 11 Friday	All day	Arrival	Travel & adaptation day	Competing athletes, students, Team APL, instructors
October 12 Saturday APL Championships 2024 The Greatest Star Talent Contest* Location TBD	10:00am-6:00pm	Competitions & show day	Get ready for exciting event! Take part in APL Pole and Aerial Sports Championships 2024 and Vertical.Show as competitive athlete or audience member!	Competing athletes, students, instructors, Team APL, photo/video
DAY 1 October 13 Sunday Shine Alternative Fitness	8:40am-9:00am	Participants registration	Please arrive earlier to be registered for the camp. Be ready to sign a liability, photo & video waiver.	Students, instructors, Team APL, photo/video
Shine Alternative Fitness	9:00am-11:00am	Pole with Pink Puma	Group warm up, conditioning and pole tricks with Pink Puma.	Pink Puma, all students
	11:00am-12:00pm	Lunch break		
Shine Alternative Fitness	12:00pm-1:30pm	Flexy pole with Nia	Bendy & flexy tricks and combos with Nia.	Nia, all students
Shine Alternative Fitness	1:50pm-3:20pm	Creative pole with Alberto	Creative and choreography pole class with Alberto.	Alberto, all students

	3:30pm-7:00pm	Break		
Naked Fish 3945 S Durango Dr # A6, Las Vegas, NV 89147	7:00pm-9:00pm	Group dinner***	Friendly casual diner with all students, instructors and studio representatives.	Students, instructors, Team APL, photo/video
DAY 2 October 14 Monday Shine Alternative Fitness	9:00am-11:00am	Pole Tricks with Alberto	Group warm up, acro & strength pole tricks with Alberto	Alberto, all students
	11:00am-12:00pm	Lunch break		
Shine Alternative Fitness	12:00pm-1:30pm	Aerial class with Pink Puma	Aerial hoop/silks class with Pink Puma.	Pink Puma, all students
Shine Alternative Fitness	1:50pm-3:20pm	Pole Art with Nia	Artistic pole class with Nia.	Nia, all students
	3:30pm-5:30pm	Break		
Bellagio Hotel & Casino	5:30pm-9:00pm	Bellagio promenade and "O" show by Cirque du Soleil***	Casino promenade that includes flower exposition, chocolatey and singing fountains experience topped with the world famous Cirque du Soleil show!	Students, all available instructors, Team APL, photo/video
DAY 3 October 15 Tuesday Shine Alternative Fitness	10:00am-11:40pm	Recovery & stretching with Pink Puma	Restorative and stretching session with Pink Puma.	Pink Puma, all students
Shine Alternative Fitness or TBD	12:00pm-1:15pm	Dance class	Contemporary or alternative modern dance class.	Invited instructor, all students
	1:15pm-4:00pm	Break		
Group photoshoot	4:00pm-7:00pm	Group photoshoot on pole!***	Things to remember and to capture on beautiful photographs:)	All Instructors, Team APL representatives, all students, photo/video

Neon Museum 770 Las Vegas Blvd N, Las Vegas, NV 89101	7:00pm-9:00pm	Neon Museum***	Highlights of old Las Vegas in one breathtaking sightseeing attraction!	All Instructors, Team APL representatives, all students, photo/video
DAY 4 October 16 Wednesday Shine Alternative Fitness	9:00am-11:00 am	Aerial and pole play with Nia	Fun pole class with aerial additions from Nia.	Nia, all students
	11:00am-12:00am	Lunch break		
Shine Alternative Fitness	12:00pm-1:30pm	Pole Transitions with Alberto	Creative practical work on overall originality, transitions & floor work.	Alberto, all students
Shine Alternative Fitness	1:50pm-3:20pm	Group pole class with Pink Puma	Pole for groups & doubles with Pink Puma.	Pink Puma, all students
	3:30pm-6:00pm	Break		
The Strat Hotel Las Vegas	6:00pm-9:00pm	Strat Big Shot experience & more***	Group roller coaster experience on top of Strat tower and great time out!	Students, all available instructors, Team APL, photo/video
DAY 5 October 17 Thursday Shine Alternative Fitness	9:00am-11:00 am	Pole Dance Class with Pink Puma	Learn new choreography and improve your pole dancing skills.	Pink Puma, all students
	11:00am-12:00am	Lunch break		
Shine Alternative Fitness	12:00pm-1:30pm	Strong and flexible with Nia	Strength and flexy pole tricks from Nia.	Nia, all students
Shine Alternative Fitness	1:50pm-3:20pm	Specialty class with Alberto	Floor based specialty class with Alberto.	Alberto, all students
	3:30pm-6:00pm	Break		
MeowWolf at Omega Mart 3215 S Rancho Dr #100, Las Vegas, NV 89102	6:00pm-10:00pm	Immersive MeowWolf experience at OmegaMart***	Have fun and explore!	Students, all available instructors, Team APL, photo/video

October 18 Friday	All day	Departure	Travel day	All students, Team APL
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* Please note that the schedule is subject to change.

** Separate application needs to be placed for this event.

*** Additional fees may apply for this activity.

Stay in touch with Team APL through Instagram @AmeracanPoleLeague

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