



BEARCELONA EXPERIENCE

JULY 29-30 • BARCELONA, SPAIN

WEDNESDAY, JULY 29

09:30
-
10:00



CHECK-IN, WELCOME PACK & COFFEE
Reception, welcome pack and coffee.

10:00
-
10:20



WELCOME MEETING
Meet the coaches, Legacy World Champions and participants.

10:20
-
10:40



ICE BREAKER
Get to know the team and break the ice.

10:40
-
12:15



BEARS METHOD I
Stunts fundamentals, body positions and Barcelona Bears methodology.

12:15
-
12:30



COFFEE BREAK
Take a break and recharge energy.

12:30
-
14:00



BEARS METHOD II
Pyramids, coeds and basket toss technique.

14:00
-
15:30



LUNCH TOGETHER
Enjoy lunch all together.

15:30
-
16:00



INSIDE LEGACY
Behind the scenes of a World Champion team.

16:00
-
18:00



BEARCELONA BEACH EXPERIENCE
Beach time, photos, games and time to connect as a team.

18:00
-
19:30



SKILL LAB
Small group sessions with the Head Coach and Legacy World Champions.

19:30
-
20:00



LEGACY CHALLENGE
Team challenge, cool down and group photo.

20:30
-
23:00



BEARCELONA NIGHT
Dinner and explore Barcelona together.

THURSDAY, JULY 30

09:30
-
10:00



WARM UP & MOBILITY
Activation, mobility and preparation.

10:00
-
11:30



BEARS METHOD III
Elite stunts, tosses and advanced skills.

11:30
-
11:45



COFFEE BREAK
Take a break and recharge energy.

11:45
-
13:15



BEARS METHOD IV
Elite pyramids, transitions and synchronization.

13:15
-
14:30



LUNCH TOGETHER
Enjoy lunch all together.

14:30
-
15:30



COACH'S EYE
Individual feedback and skill development.

15:30
-
16:45



BEAR CHALLENGE
Mixed teams routine challenge.

16:45
-
17:30



BEARCELONA SHOWCASE
Team performances and celebration.

17:30
-
18:00



CLOSING CEREMONY
Certificates, gifts and official photo.

19:30
-
22:00



FAREWELL TO BARCELONA
Last moments together and safe travels.

TRAIN. CONNECT. EXPERIENCE.
BE WORLD CHAMPIONS.



WORLD CHAMPIONS
MINDSET



TRAIN WITH ELITE
ATHLETES



BARCELONA
EXPERIENCE



FRIENDSHIPS FOR
A LIFETIME