



THE MIXIES ACADEMY TRAINING PROGRAMME 2025-2026

The Mixies Academy Programme is structured into 3 sections:

- Core Fundamentals
- Discovery of a new Dance Style foundation and vocabulary
- Choreo/ Freestyle

Core Fundamentals	
1	Body Conditionning & Body Awareness
2	Foundations
3	Body Control
4	Performing

- Stretching
- Warm up
- Cardio
- Work out exercices for dancers

- Isolation
- Moving in Space (Size and Levels)
- Musicality
- Groove and Flow

- Precision
- Intensity and impact
- Energy
- Texture
- How to learn a choreography

- Breathing
- Presence
- Camera
- Stage

Structure of Wednesday session	
19:30-20:00	1.5 Core Fundamentals

Dance styles to be covered

Street Jazz

Popping/ Locking

Waacking

Dancehall

House

Hip Hop

Afro

Structure of Sunday session		
16:00-16:30	0.5h	Core Fundamentals
16:30-17:30	1h	Choreo/ Freestyle/ Style Focus
18:00-19:30	1.5h	Afro dance class

	February 2025	March 2025	April 2025	May 2025	June 2025
Week 1	POPPING/ LOCKING	HOUSE	STREET JAZZ	WAACKING	DANCEHALL
Week 2	POPPING/ LOCKING	HOUSE	STREET JAZZ	WAACKING	DANCEHALL
Week 3	POPPING/ LOCKING	HOUSE	STREET JAZZ	VOGUING	DANCEHALL
Week 4	POPPING/ LOCKING	HOUSE	STREET JAZZ	VOGUING	DANCEHALL
STYLE FOCUS	September 2025	October 2025	November 2025	December 2025	January 2026
Week 1	HIP HOP	HIP HOP	ALL STYLE FUSION	ALL STYLE FUSION	ALL STYLE FUSION
Week 2	HIP HOP	HIP HOP	ALL STYLE FUSION	ALL STYLE FUSION	ALL STYLE FUSION
Week 3	HIP HOP	HIP HOP	ALL STYLE FUSION	ALL STYLE FUSION	ALL STYLE FUSION
Week 4	HIP HOP	HIP HOP	ALL STYLE FUSION	ALL STYLE FUSION	ALL STYLE FUSION

Nota bene: the programme content and schedule might be subject to changes throughout the year.