

## La Central del Circ

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## La Cascade, Pôle National Cirque

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## La Grainerie

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La Région  
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VILLE DE  
BALMA



2023

# CIRCUS AND TRAINING AREAS

La Central del Circ - Barcelona  
La Cascade, Pôle National Cirque - Bourg-St-Andéol (07)  
& la Grainerie - Balma-Toulouse métropole

**team up to develop training  
opportunities for circus artists**

1 = 3

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## Training is a necessity

What happens when artists are neither in a creative process nor on tour ? They have to make a regular and physical training which is the basis of their professional journey. It takes at least 10 years of training to consider a career and learning will always remain at the center of the artists' concerns. Keeping your technical skills at your best level, finding the right movements according to the creations you're involved in and developing your artistic language is your daily work schedule.

That's why, we are totally convinced that the artist's training is a deep part of all your creative processes and one of the keys of a successful career.



### La Central del Circ Barcelona

With a surface area of 6000 sq. ft and a height of 28,5 ft, the training space allows the practice of all circus techniques.

Ground anchor points and aerial hooks, a trampoline, a pit, an acrobatic track and a wall for aerial dancing. Next door, you'll find a gym room, a kitchen and a coworking space.



### La Cascade Bourg-Saint-Andéol (07)

A main area of 2500 sq. ft, four metal gantries (height of 30,8 ft) allows the installation of aerial apparatus. 12 ground anchors and different hooking systems will also allow the installation of specific apparatus. The mezzanine is used as a gym.



### La Grainerie Balma - Toulouse

With its 4700 sq. ft and a height of 40 ft, the training area of La Grainerie is divided into 3 parts which allow you to work on several techniques. Ground hooks at ground floor, aerial hooks, trampoline, acrobatic track and gym area are on the mezzanine and, unique in France, it has the flying trapeze area. Its use requires a specific and prior request.