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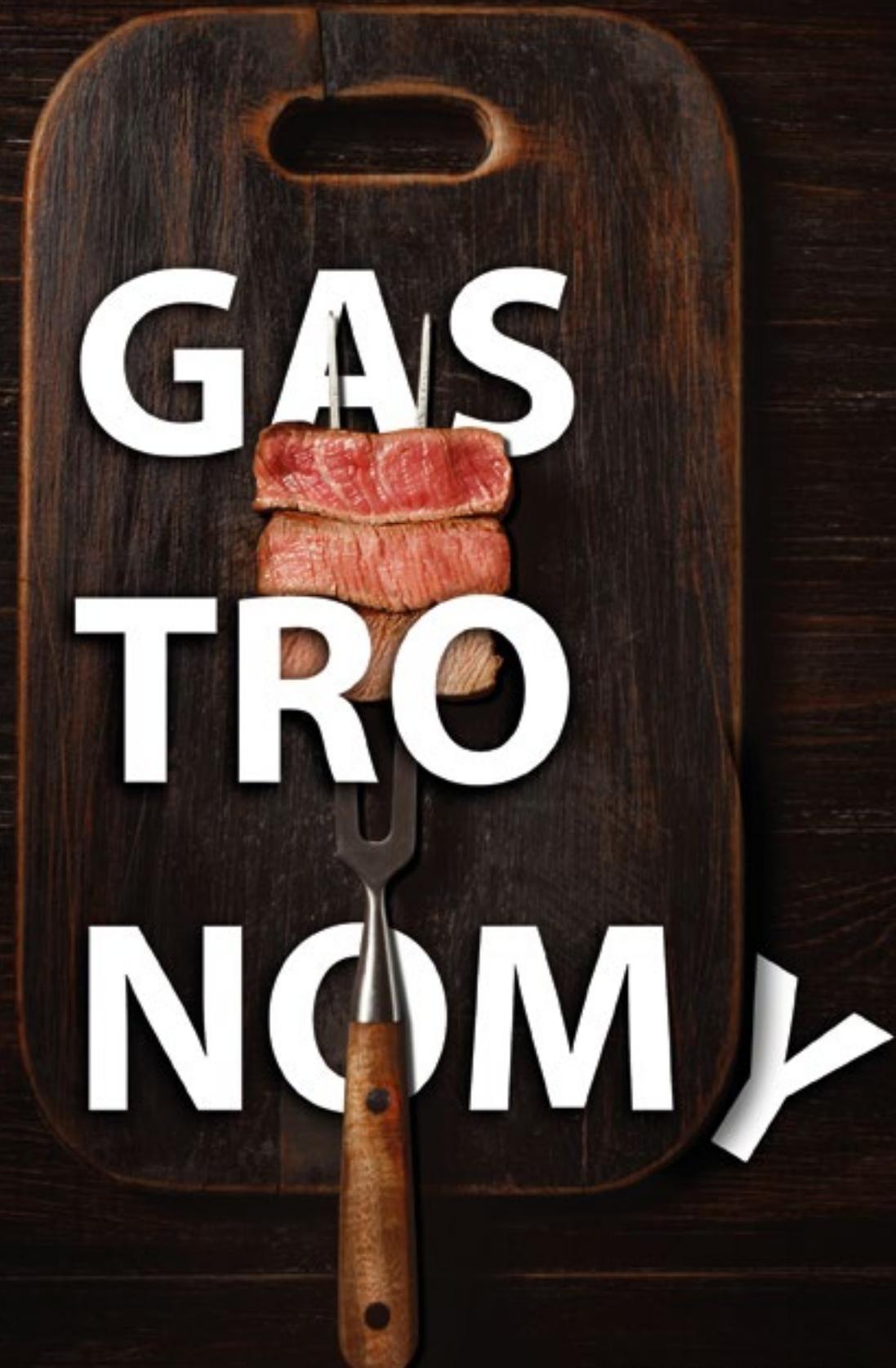
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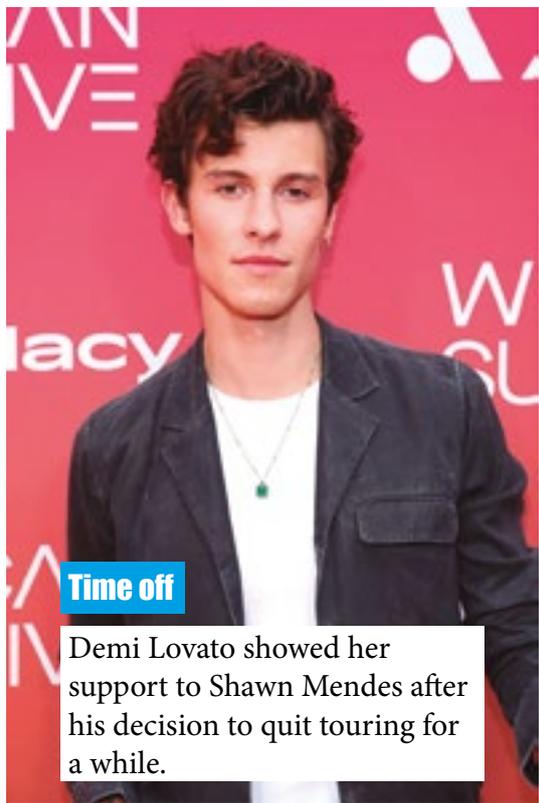


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**Time off**

Demi Lovato showed her support to Shawn Mendes after his decision to quit touring for a while.



**Comfy look**

Gwyneth Paltrow wore bright yellow pyjamas for the GoopGlow Launch Event.

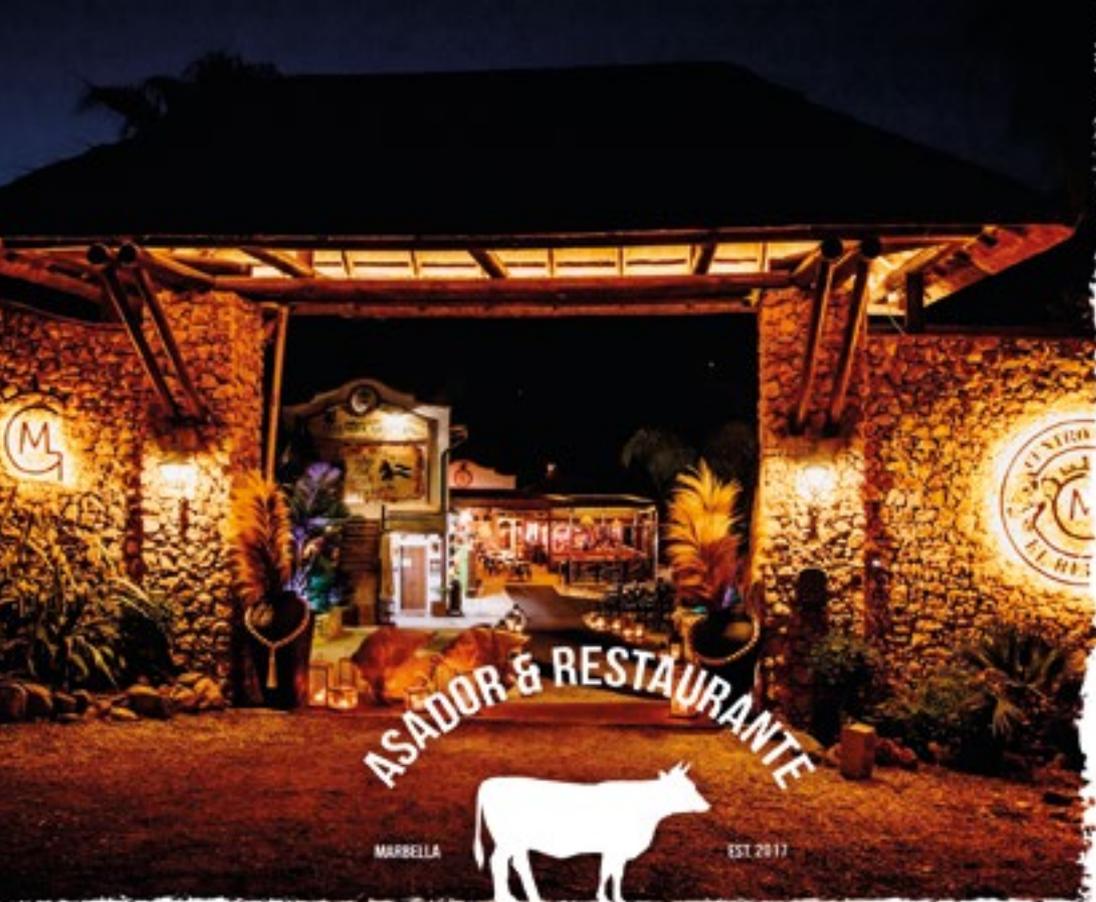
**Just between good friends**

Singer and actress Selena Gomez turned 30 years old this past month and she decided to celebrate with close friends. In a picture that she uploaded to her social media we could see her being all smiles sharing a table with Taylor Swift. Their friendship has been one of the strongest in the industry over the last years.



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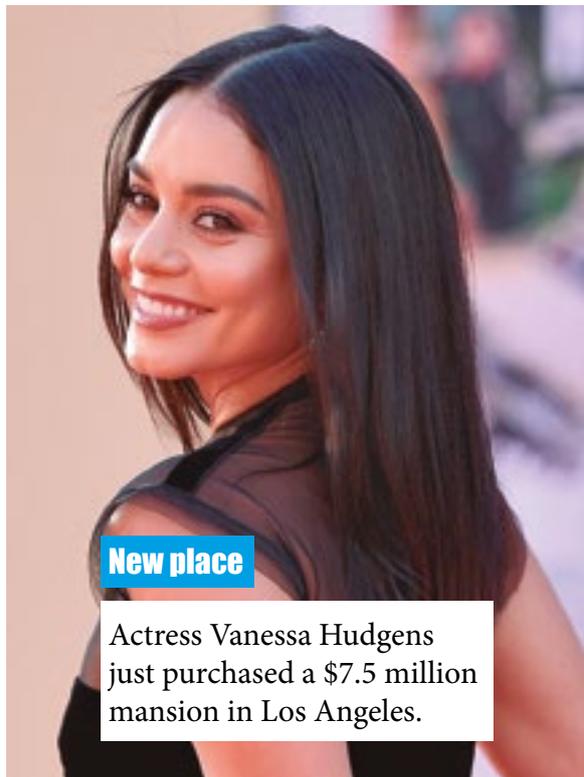


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**New place**

Actress Vanessa Hudgens just purchased a \$7.5 million mansion in Los Angeles.



**Keeps on giving**

Keanu Reeves surprised fans at the 2022 Comic-Con with the announcement of his upcoming John Wick movie.



**Touring health**

Global phenomenon Rosalía shared how touring and her now hectic lifestyle has affected the ways she takes care of herself. The singer went on by highlighting the importance of skincare discipline for all of her appearances. She is currently touring all around the world promoting her latest record 'Motomami'.



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**Blonde era**

Kim Kardashian has been spotted rocking this new platinum blonde hair do.



**A change of heart**

Kate McKinnon addressed her exit of SNL blaming it to her body feeling tired.



**Astronomical growth**

Actress Millie Bobby Brown has cemented herself as a force to be reckon with in the movie scene and her salaries back this up. With \$10,000 per episode when she started acting in the hit show 'Stranger Things', her upcoming salary for the sequel of the movie 'Enola Holmes' will be around the number of \$ 10 million.



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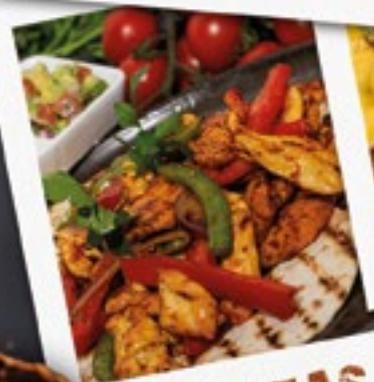
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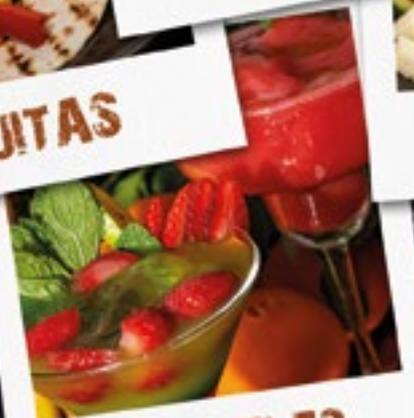
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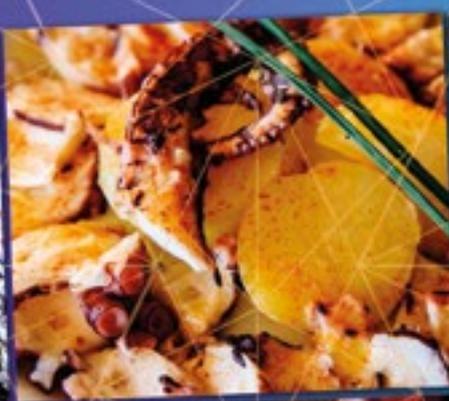
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## THE IMPORTANCE OF ACTORS EMBRACING THEIR UNIQUENESS

Marbella is known for being so International, and having residents from all types of places, as well as being so close to Morocco and having a high number of people from middle eastern countries living here, and that's what is so amazing and perfect! The film Industry loves it! Especially now, with the whole situation of the pandemic, and having travel restrictions, it's extremely useful to have all range of Actors already on site. Whether it is you speak multiple languages or have a very strong appearance of any country, embrace it, own it and strive for it. Don't try and hide it away just because you think they only want what the majority of actors have, you have something unique that isn't easy for anyone else to have, and that's what will get you your role.

We are all aware of how many white male and female roles get cast all the time in the film Industry, as well as english speaking roles which the vast majority of actors are capable of doing, yet everyone tries to focus on these generic roles that nearly everyone can go for, even people with other unique set of qualities or features. That's exactly where the problem lies. Have you ever thought how in fact it's harder to find a good actor for a middle eastern character? Or someone who speaks a foreign language like Russian or Chinese, or even Arabic? Well why hide these unique features of yourself when Instead they could be booking your next role!

Put it this way, every actor should embrace their unique selling point. After all, acting is a job, so why wouldn't you do everything possible to get the job easier, by being yourself more and having to put a little less effort trying to be something else.



We previously had two students, Lamia Dani and Tariq Amawi, who attended our school at Marbella Film School, booked and already filmed in a new Series coming out called 'Glow and Darkness'. A production directed by Jose Luis Moreno, one of Spain's top directors in the business. It is being filmed all around Spain, Including Jane Seymour and Denise Richards. Lamia plays 'Isma Ad Din Khatun, the wife of the Saladin, the main character. Tariq plays Amir, the Saracens captain.

Both these wonderful actors managed to book these roles due to embracing their unique selling point, in this case, not only being a great actor that suits the role, but also their ability to speak Arabic.

Lamia is half dutch half Moroccan and moved to Malaga when she was 7 due to her parents work. She came across our school as a coincidence, having been on the same street as her law office, and came to us with no prior acting experience, and allowed her to awaken her acting interest again.

She is thrilled to have been part of this big new production, 'Glow and Darkness' working with other professional actors who treated her with much respect and kindness, allowing her to be less nervous and at ease. Lamia feels it is really Important to keep a positive attitude on set, as well as be proactive, humble and kind to everyone. She also believes the Industry has an Increase in diversity more than ever, and recognises how her Moroccan descent and Arabic look are what helped and allowed her to book her role. In May she is looking forward to shooting in Almeria, Spain, in a new film coming up.



Here is what Lamia had to say after having attended our school “ I joined Marbella Film School in March and continue to learn so much from Nicole, the school’s Director and Acting Coach. I just completed a Villain Course at the school with Mahesh (Netflix actor) and got the chance to shoot a showreel under his Direction. An amazing experience and grateful for this opportunity. Looking forward to continuing my training this new term.”

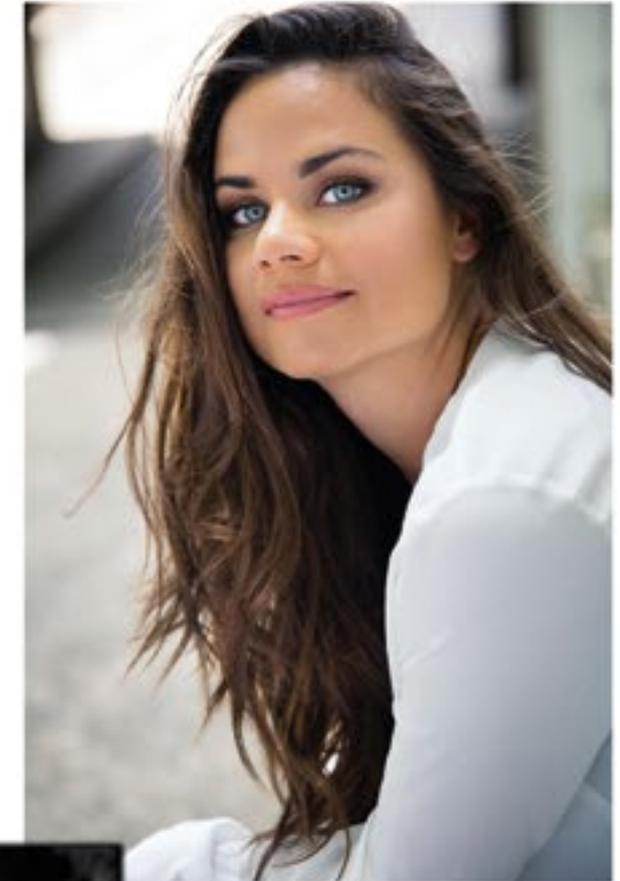


Here is what Tariq had to say after attending our school “ I wish it was 4 times longer. I enjoyed every minute and was captivated through each class which were an expert blend of theory and practice. And while filming a professional showreel at the end is a wondrous climax to the whole experience and something that sets the Marbella Filmschool apart from its contemporaries, it’s a bittersweet end as I am already craving more, and more.”

Fun Fact: Lamia, Tariq and myself (Pablo) all attended a ‘Villian course’ at Marbella Film School together taught by Netflix Actor Mahesh Jadu, who has been in ‘The Witcher’, ‘Marco Polo’, ‘Pirates of the Caribbean’ and many more.

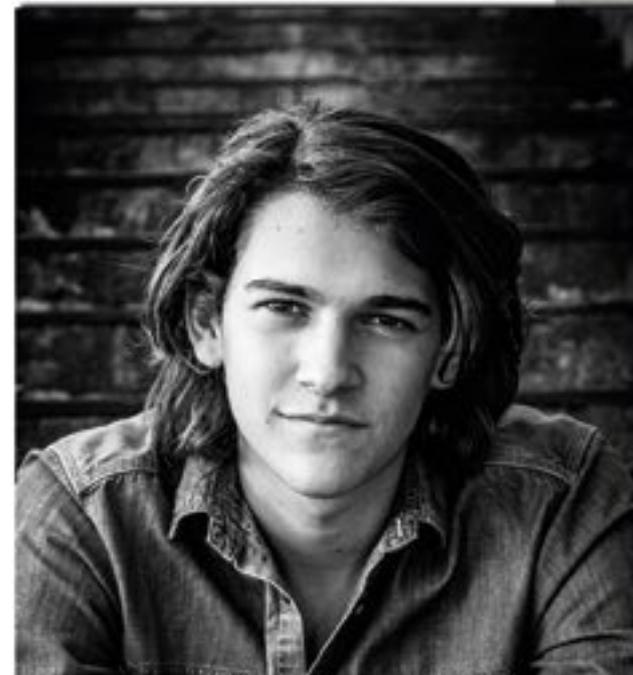
**Nicole Moerland - Founder of Marbella Film School**

Nicole is of Dutch and Indonesian descent born in Holland and raised in Andalucia, Spain, and attended Aloha College when. In 2004, she attended the prestigious Stella Adler Academy of Acting in Los Angeles and graduated in 2007. She has worked and lived in Holland, Spain, UK and USA gaining invaluable experience working with some of the world’s most talented Actors and Directors including Rutger Hauer at The Film Factory, as well as Director, Peter Yates. She founded the Perth Film School (Australia) & Marbella Film School (Spain). She speaks fluent Dutch, Spanish, English and is learning Bahasa Indonesia.



**Pablo Martel - Administrator of Marbella Film School**

Pablo is a half Spanish half English young actor, currently on a gap year working at and attending Marbella Film School, after having finished studying IB at Swans School International. He is continuously working on his professional acting career, through auditions and working on his skills and techniques, and is planning to attend a screen acting Bachelor’s degree in Berlin by the end of this year. He is always eager and passionate about acting and can’t wait to get started with his professional career.





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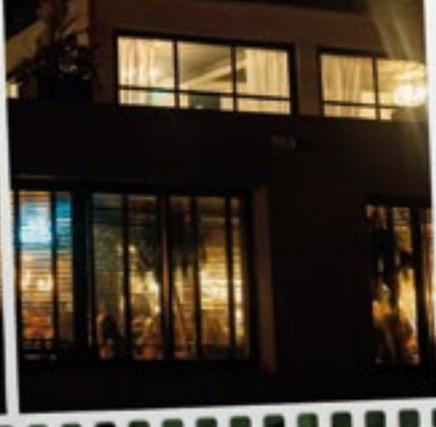
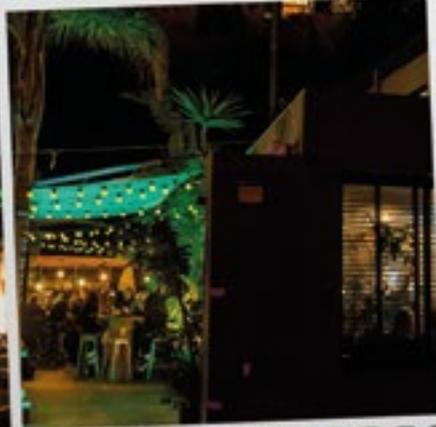
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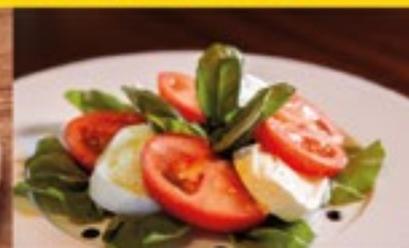
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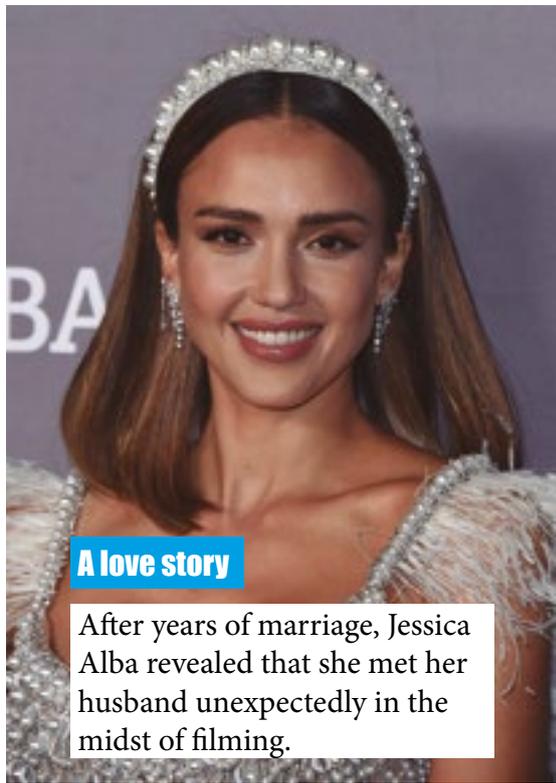
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**Barbie Malibu**

Margot Robbie chose this bubblegum pink two piece for the last day of filming for the Barbie movie.



**A love story**

After years of marriage, Jessica Alba revealed that she met her husband unexpectedly in the midst of filming.



**In the making**

Michelle Obama has a new book coming this upcoming fall called 'The Light We Carry'.



**Glam secrets**

Kate Winslet shared her beauty tip of using two shades of foundation depending on her menstrual cycle.



**Cheers to them**

Hollywood couple Nick Jonas & Priyanka Chopra celebrated the actress 40th birthday with a trip to the beaches of México. While still learning on how to be the perfect parents of a beautiful little girl, Nick shared sweet pictures and messages to congratulate his wife.



**Officially together**

The couple formed by actress Anya Taylor Joy and musician Malcolm McRae may have gotten married in a private celebration this summer. The two started dating last year and might throw a bigger and more public celebration once their work schedules align.



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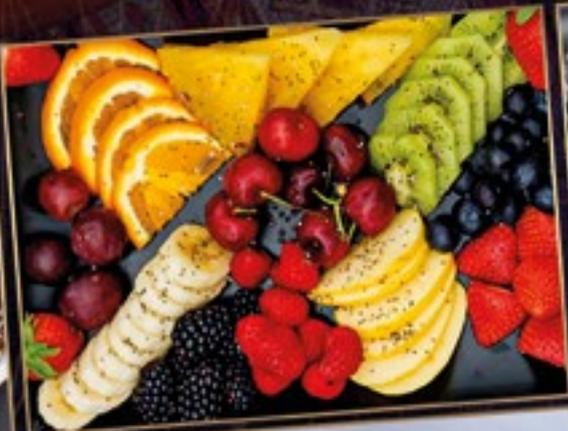
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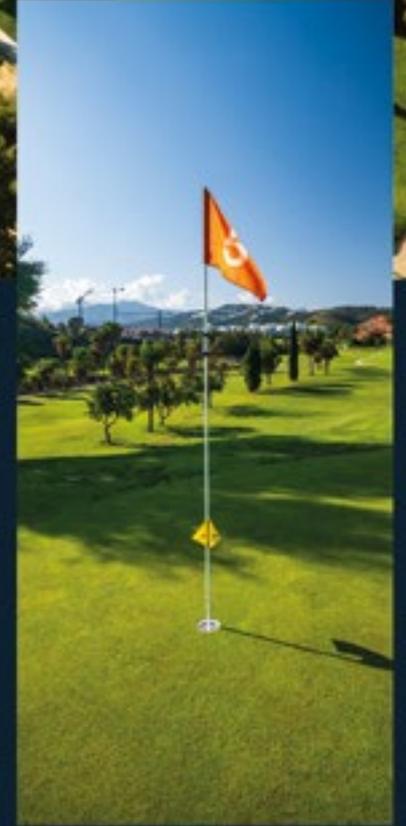


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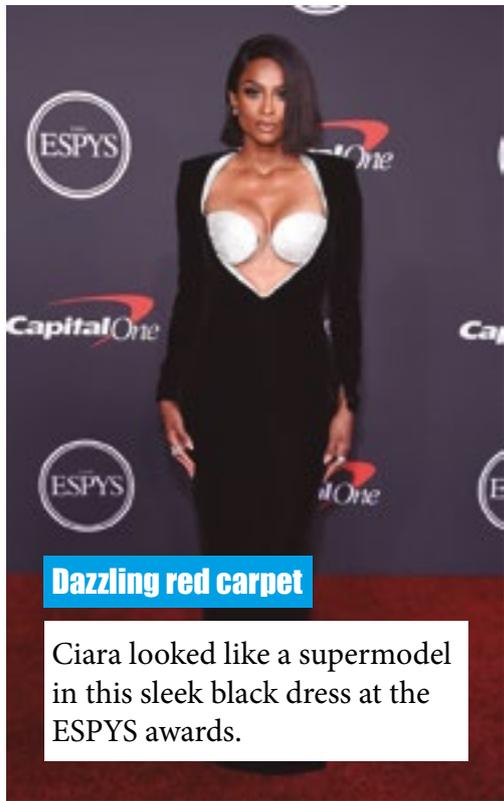
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**Dazzling red carpet**

Ciara looked like a supermodel in this sleek black dress at the ESPYS awards.



**Casual attire**

Katie Holmes chose this boho striped maxi dress for her appearance at Good Morning America.



**Back and forth**

On and off couple formed by Kendal Jenner and Devin Booker might be back together according to rumors. The two have been intermittently dating since 2020 and their latest breakup seemed to be the final one, but they have been spotted enjoying time together recently.

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**Tropical tones**

Gigi Hadid was a dream in this green look for the British Vogue Summer Party.



**Scholarships with style**

Lupita Nyong'o awarded students in this purple dress during the NAACP Convention.



**Low-key life**

While being relatively out of the public eye since the release and promotion of her album, singer Adele was seen enjoying a romantic vacation with boyfriend Rich Paul these past weeks. The couple was joined by friends and seemed to be enjoying the Italian coastline and beaches.

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BET AND PLAY



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# TRABAJO DE CORE PARA HANDSTAND!!

Hoy vamos a trabajar una parte fundamental en la comprensión de la parada de manos (Handstand) esta parte es el CORE.

Para ello trabajaremos de 4 maneras acabando en un empuje vertical algo especial.

**1.** En este primer bloque usaremos estas dos posiciones de forma isométrica centrándonos más en el abdomen y menos en el equilibrio de ahí que busquemos el apoyo de la pared. Haremos 8 series donde haremos 20" de uno y seguidos otros 20" del otro descansando 40" y siempre manteniendo la presión a abdominal queriendo llevar el ombligo hacia dentro en todo momento.



# CORE WORK FOR HANDSTAND!!

Today we are going to work on a fundamental part in understanding the Handstand, this part is the CORE.

For this we will work in 4 ways ending in a vertical push something special.

**1.** In this first block we will use these two positions in an isometric way, focusing more on the abdomen and less on balance, which is why we look for the support of the wall. We will do 8 series where we will do 20" of one and followed by another 20" of the other, resting 40" and always maintaining abdominal pressure, wanting to bring the navel in at all times.



**2.** Esta vez buscaremos la estabilidad en el apoyo de la cabeza haciendo misma series y trabajo que en el primer bloque.

**2.** This time we will seek stability in the support of the head doing the same series and work as in the first block.



**3.** En esta tercera parte no sólo trabajamos core si no también las muñecas y dedos, siempre quieres perder el equilibrio hacia adelante elevando todo lo posible los pies con el interior de las rodillas apiladas en los codos y manteniendo una presión constante en los dedos. 5 series de 30" con 60"/90" de descanso según convenga.

**3.** In this third part we not only work core but also wrists and fingers, you always want to lose your balance forward by raising your feet as much as possible with the inside of your knees stacked on your elbows and maintaining constant pressure on your fingers. 5 sets of 30" with 60"/90" rest as needed.

**4.** Prees estricto de pie con disco plano, imagina que hay una bandeja llena de botellas encima del disco y estás no pueden caer, de hay realiza el press constante, contrólolo y con la palma de la mano abierta. 4 series de 12 repeticiones con 60" de descanso

**4.** Press strictly standing up with a flat disc, imagine that there is a tray full of bottles on top of the disc and they cannot fall, if there is, perform the constant press, control it and with the palm of your hand open. 4 sets of 12 reps with 60" rest

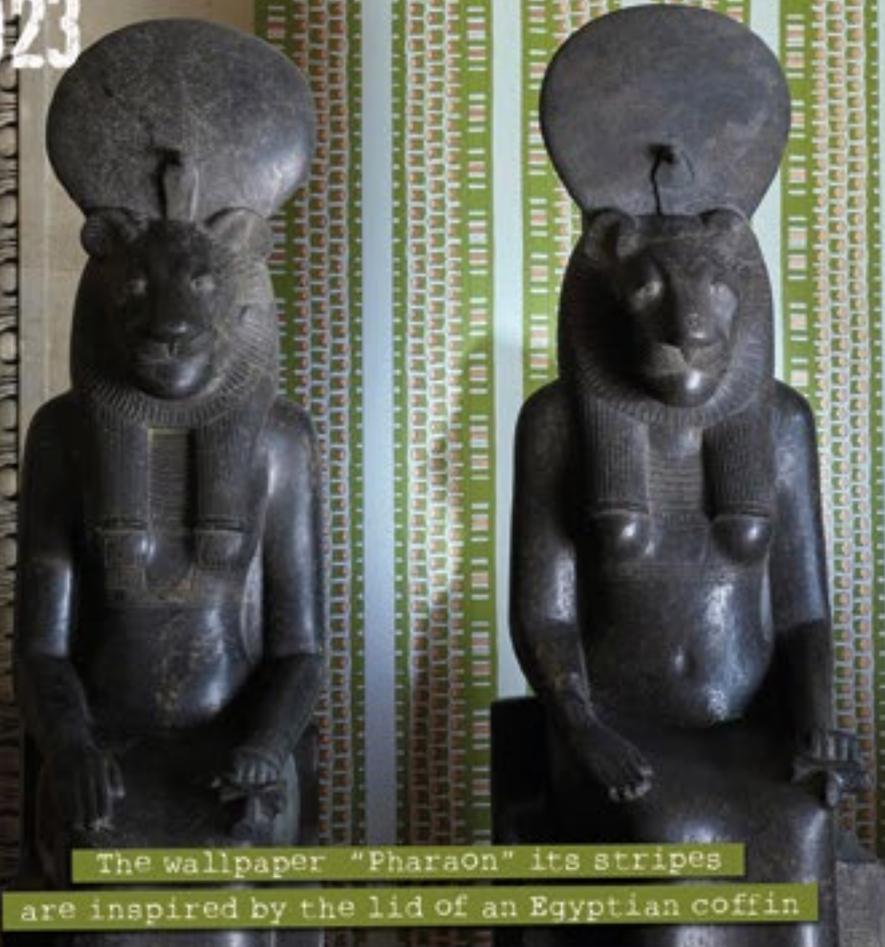


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# INTERIOR TRENDS TO LOOK OUT FOR IN 2023



The wallpaper "Pharaon" its stripes are inspired by the lid of an Egyptian coffin



Nostalgic Hellenistic decor comeback can be seen from the antique styled wallpapers to small home decor objects and accessories like candles, sculptures and vases. Corinthian style home decor and Aphrodite-inspired wallpaper will be a must-have in interior decor. Popular colour pallets to look out for are blue, gold and white.

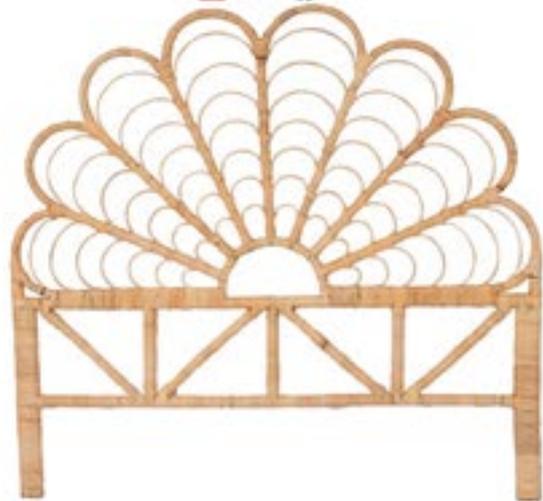
**Pierre Frey** have a stunning Egyptian inspired collection of fabrics, rugs & wallpapers at the moment, with a wide range of motifs and drawings.

Their fabric collection revisits the world of the senses through the evocation of a luxuriant fauna and flora embroidered on linen. The jacquards and prints are reminiscent of hieroglyphics and frescoes in ancient buildings. Wallpapers oscillate between matte and shiny. The pearlescent, gold and metallic reliefs pay tribute to the jewels and ornaments of the pharaohs. A double approach, between tradition and modernity, to savor the splendor of this civilization.

The Egyptian symbols of this freely interpreted "Giseh" jacquard fabric by Pierre Frey are offered both in a golden version, representing the image of the treasures of the pyramids, and in a matte version, recalling the very graphic characters of papyrus.



*Curvy lines*



In 2023 we'll see even more curved shapes in interior decor and architecture. People will buy more curvy sofas, make curved kitchen islands and experiment with curved shaped headboards. We cannot get enough of these colour-full rattan headboards. Available to buy directly from Lord Designs. Also available in natural.

*Check mate!*

The checked motif will experience a triumphant return that affects every area of our lifestyles: from men's clothing to nail art to furnishings, researches for the check patterns went high this year.



Although our attention is nearly 100% drawn to these two oversized accent chairs which just bulge gorgeousness, we can't help but notice the checkered rug and floor. Just perfect.

# FEELING FRUITY

Whether you decorate a new house or want to give your old place a bright look, fruit themes are fantastic ways to add color to interior decorating. Applying fresh and colorful ideas to the fruit themes can beautifully complement your interior design style and personality. Fruits-inspired wallpaper, decorative fabrics, and home decorations could turn your house into your dream space and create spectacular, cheerful, and modern interiors.



We love the "City Pear" rug available to buy directly from Lord Designs.



We love the combination of mixing accessories such as wicker baskets, decorative plates, scatter cushions in organic & fruit designs - making the interior design feel cozy and beautiful.



Sensuality best describes the exotic fruit themes in ethnic interior decorating. Deep and rich hues, earthy tones, and fascinating designs inspired by nature make up the warm and unique style. Hand-made wall tiles, wrought iron ornaments, and carved-wood decorations are fabulous accents that work well with modern wallpaper featuring exotic fruit images. We love these ethnic fruit inspired home accessories from Bloomingville



Inspired by the 60s, 70s, and 80s, fruit & floral themed wallpaper designs, and upholstery fabrics are perfect for timeless room decorating. We love the "Medlar" wallcovering from Osborne & Little - the leaves of an ornamental medlar tree bearing pretty blossom and fruits, presented in a vertical stripe layout. Available in a variety of tones from Lord Designs.



And to finish, we would like to share with you a sneak-peak of one of our recently completed projects in ÚNICO, BENAHAVIS. A truly unique design, where we turned a very modern designed apartment into a tropical holiday escape. To see more photos of out finished projects please see our website [www.lordddesigns.com](http://www.lordddesigns.com)



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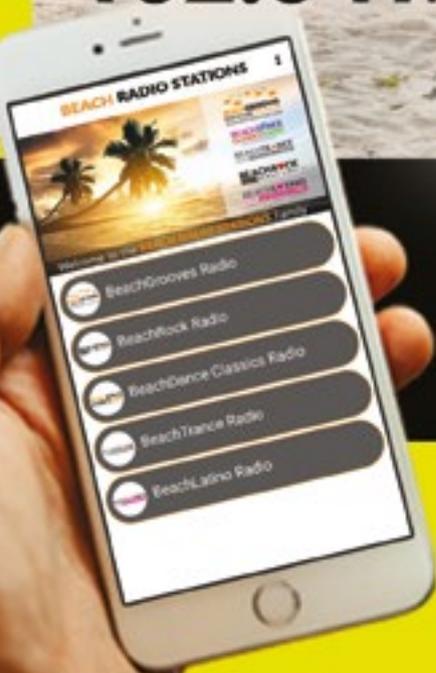
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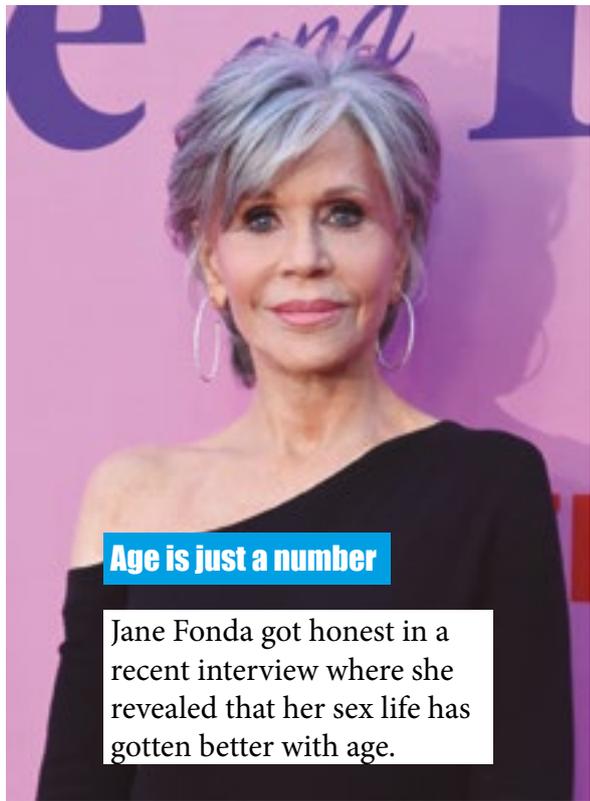
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**Exciting project**

Alicia Vikander revealed that the script for the Tomb Raider sequel is in the making.



**Age is just a number**

Jane Fonda got honest in a recent interview where she revealed that her sex life has gotten better with age.



**Already in the making**

After the huge success of the first and second season, Netflix's original show "Bridgerton" will be returning for a third season. This project is already in production and new storylines and additions to the cast have been confirmed by the show's team. It is still quite soon to confirm a release date but looking at the profits created because of the series it will be released sooner than expected.

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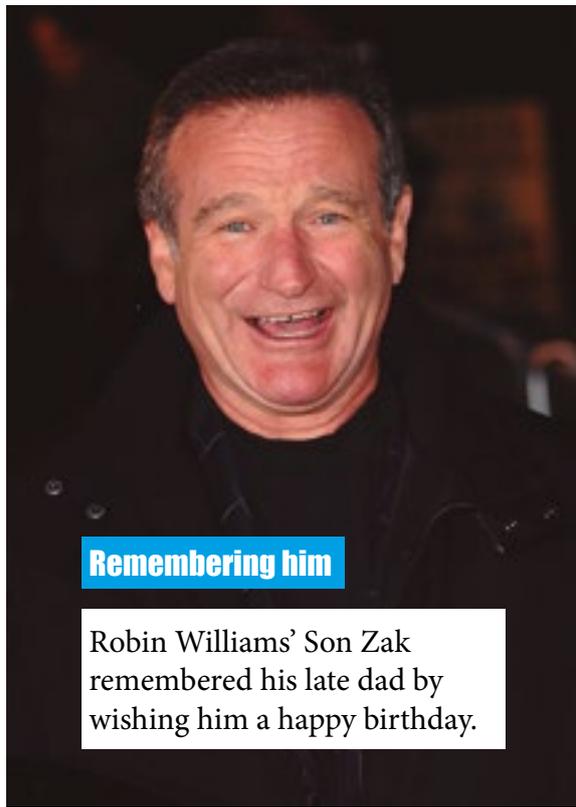
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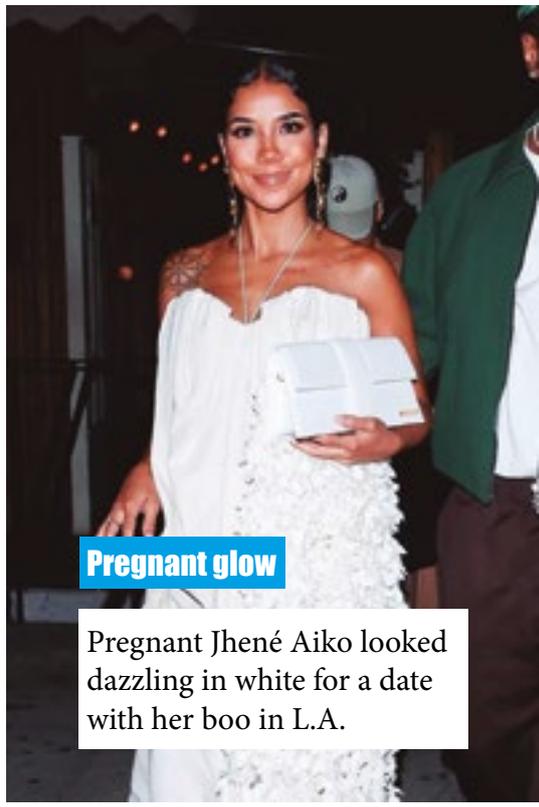
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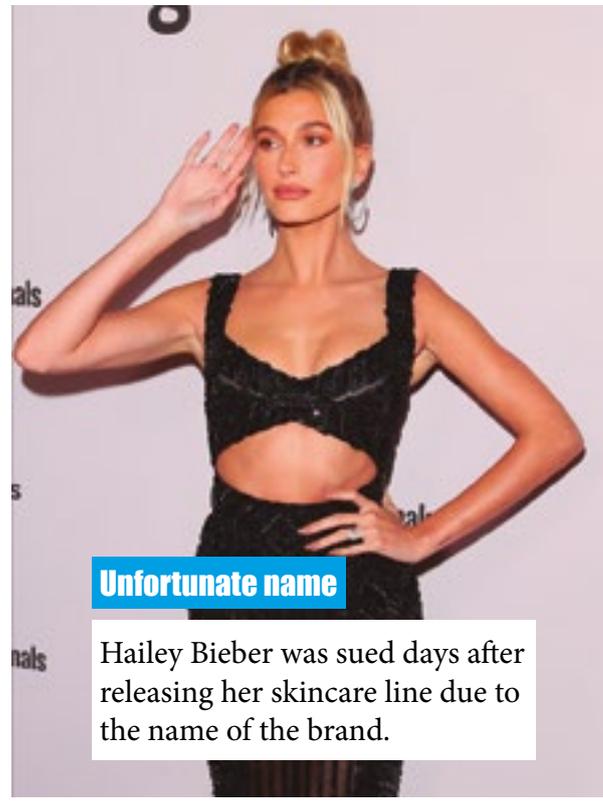
### Remembering him

Robin Williams' Son Zak remembered his late dad by wishing him a happy birthday.



### Pregnant glow

Pregnant Jhené Aiko looked dazzling in white for a date with her boo in L.A.



### Unfortunate name

Hailey Bieber was sued days after releasing her skincare line due to the name of the brand.



### To another era

Anne Hathaway was seen in a retro look for her upcoming movie 'Mother's instinct'.



### Projects and more projects

Socialité Lisa Vanderpump revealed in the middle of opening new restaurants, writing an upcoming book and still producing her own show that she will not return to RHOBH, the reality show that introduced her to many of us. She said that 'never say never' but she does not seem very keen on what is going on in recent seasons of the show.

## The infamous dress

Kim Kardashian broke her silence following the immense backlash that she has received after wearing the original Marilyn Monroe's dress for the latest MET Gala. According to rumors, Kim would have broken and distressed the piece to which she had said that those are lies and she only wore it for a few minutes before wearing a replica.



11/7

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14/7

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15/7

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18/7

**CARLOS BAUTE & CHENOA**

19/7

**Nile Rodgers & CHIC**

20/7

**MALUMA**

21/7

**NICKY JAM**

22/7

**JESSIE J**

23/7

**SERRAT**  
EL VICIO DE CANTAR  
1965 - 2022

25/7

**CHRISTINA AGUILERA**

26/7

**OZUNA**

27/7

**ANDRÉS CALAMARO**

28/7

**ANA TORROJA**

29/7

**SIMPLE MINDS**

30/7

**DIANA KRALL**

31/7  
2/8

**CAMILO**

4/8

**PASSENGER**

5/8

**DVICIO & MARLON**

6/8

**GLORIA TREVI & MÓNICA NARANJO**

7/8

**TABURETE**

8/8  
30/8

**MORAT**

10/8

**RAPHAEL**

11/8

**ESTRELLA MORENTE**  
ISRAEL FERNÁNDEZ & KIKI MORENTE

12/8

**DIEGO TORRES**

13/8

**JORGE DREXLER & COQUE MALLA**

15/8

**ANDREA BOCELLI**

16/8

**SARA BARAS**

17/8

**LEIVA**

18/8

**ANTONIO JOSÉ**

19/8

**FARRUQUITO & ARCÁNGEL**

20/8

**CARLOS RIVERA**

21/8

**CAFÉ QUIJANO**

22/8

**LUIS FONSI**

23/8  
24/8

**DANI MARTÍN**

26/8

**SIEMPRE ASÍ**

27/8

**MIGUEL POVEDA**

31/8

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2/9

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# PORSCHE 911 GT3 RS



The 992-generation Porsche 911 GT3 RS is nearly upon us, and these new spy photos reveal a car that looks as close to production ready as a prototype can get. For months we've been seeing images of cars that were camouflaged running around the famed Nurburgring, but this time all that camo is gone. What's left reveals some serious aerodynamic details we haven't seen before.

The first thing you'll notice is likely that massive rear wing. It's borderline ridiculous, and looks to be nearly as wide as the entire car. It certainly one-ups the double-decker on the back of the Mercedes-AMG GT Black Series, and some spy videos have revealed that, like the Mercedes, it is active. It will be able to change its angle of attack based on whether the car is braking, mid-corner, or on a long straight, to help maximize downforce and grip or reduce drag and boost straight line speed.

If you take a look at the back of the 911's roof, you'll notice little fins poking up near the back window. These are there to channel air to the big wing out back, and are something we have never seen before on a 911. The rear of the car also features a massive diffuser and, if the regular GT3 is anything to go by, there will be plenty of under-body air channeling to make sure it sucks the rear of the car into the ground.



By: Guillermo Fernández de Ateca Barber.



Other details include massive hood vents (again, for added downforce), the hallmark RS vents on the fenders to release high pressure air from the wheel wells, and flicks just behind the front wheels to help create a smooth curtain of air along the side of the car. The rears get new flicks, too, likely to help vent the hot air they will make under the heavy loads they will experience. Another GT3 RS hallmark is the side intake. These are reserved for Porsche's most powerful 911s (Turbo models, the GT2s, and the GT3 RS), and will feed a stronger engine.

As is typical Porsche fashion, the GT3 RS will use a screaming flat six that will likely rev past 9,000 RPM. We also expect a slightly bigger displacement, perhaps 4.2-liters this time around, and more power. How much more? We don't know for sure, but anywhere in the realm of 520 to 540 horsepower seems right to us. That engine will no doubt send its power to the rear wheels via a seven-speed dual-clutch transmission only. Remember, RS models no longer have the option for a manual transmission.

There are other RS-specific modifications too. We think it's fair to assume carbon ceramics will be a popular option, but Porsche's steel brakes will be the standard equipment. Bigger wheels look to fill those modified arches, and we spotted Michelin Pilot Sport Cup 2 R tires. They'll almost certainly be wider than the 315-section tires that come on the regular GT3. Other smaller changes will likely include less weight thanks to extensive use of carbon fiber, thinner rear glass, and less sound deadening. You know, the usual RS weight-reducing tricks.

Porsche clearly isn't pulling any punches with the next GT3 RS, and we can't wait to see it in a color other than black. Expect a full unveiling in the coming months and a price of around \$190,000.

**By: Guillermo Fernández de Ateca Barber.**

# FORD BRONCO PRERUNNER

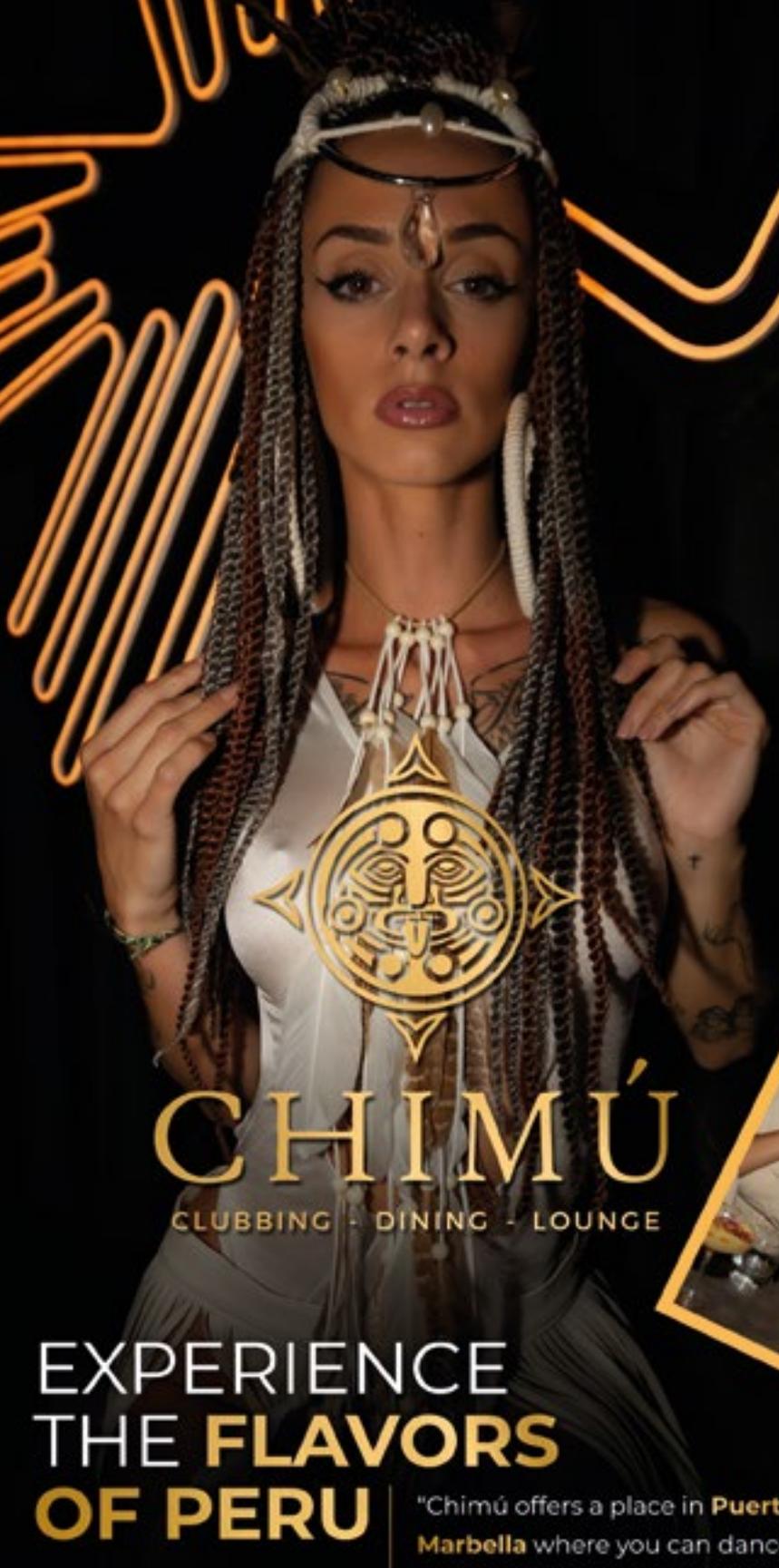


Based in California, APG is also well known for its Ford Ranger ProRunner model, and similarly, the Bronco conversion has been named ProRunner, too, as a part of the series. The conversion kit adds massive 40-inch tires, carbon fiber parts, and long-travel suspension, among other upgrades.

Since the 1960s, the Bronco SUV has set the bar for off-roading, and the most recent sixth-generation models are no exception. Relunched in 2021, after a long hiatus of over two decades, the Bronco is still one of the least expensive off-road champs in the country. However, if you are a professional or a wannabe, you may have to opt for the Bronco Raptor, which debuted in January 2022. However, because of the limited production and higher price than the regular Bronco, getting your hands on one will be challenging before they are all gone. But worry no more; Automotive Performance Group, or APG, has developed an aftermarket off-road performance package, which the brand claims to be elevating the best out of the standard Bronco.



By: Guillermo Fernández de Ateca Barber.



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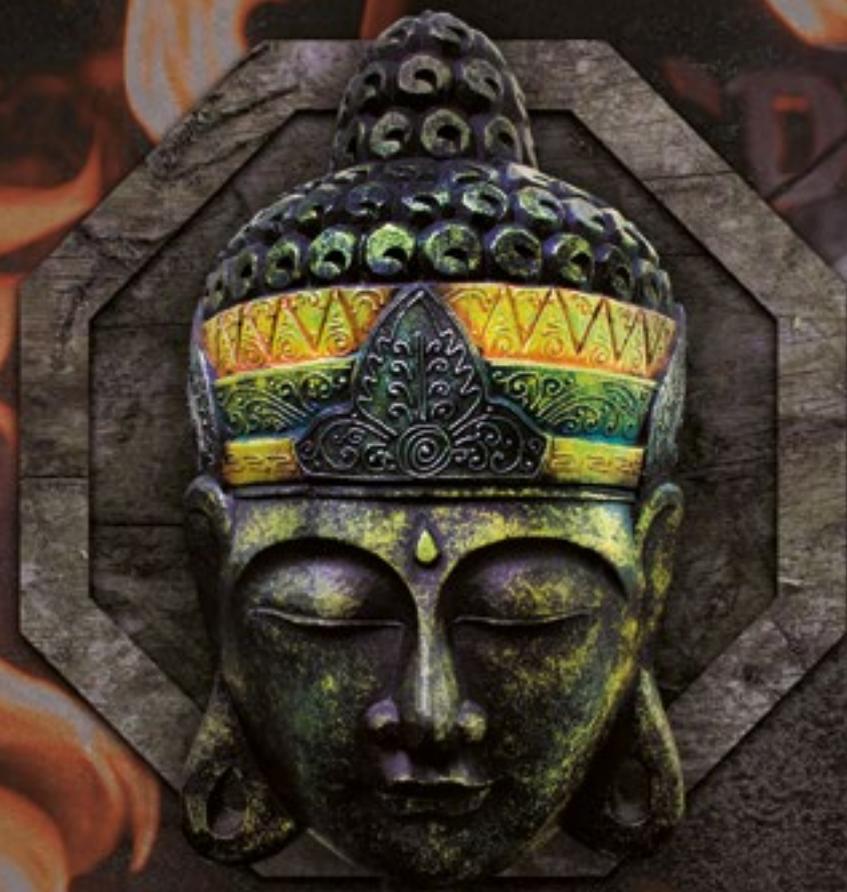
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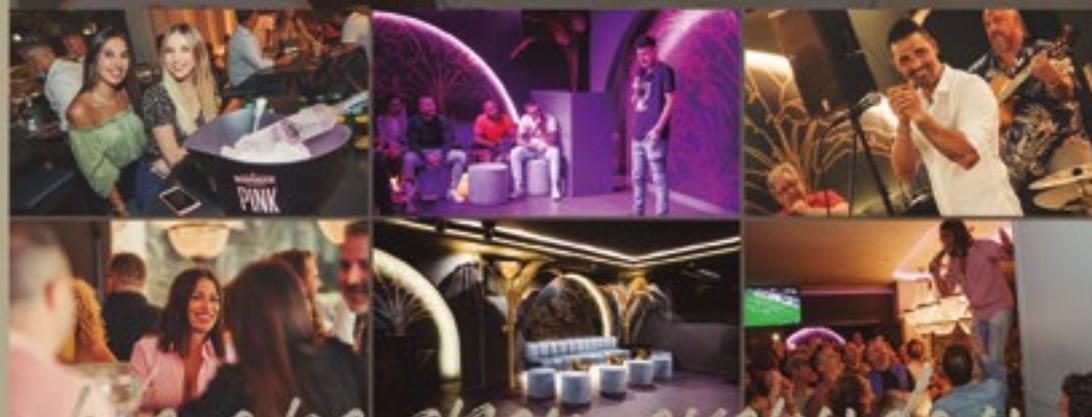
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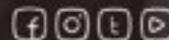
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### New couple

Rumor has it that American actor Bradley Cooper & Huma Abedin are a new couple.



### Scary accident

Jason Momoa was involved in a motorcycle accident in L.A. but thankfully he wasn't injured.

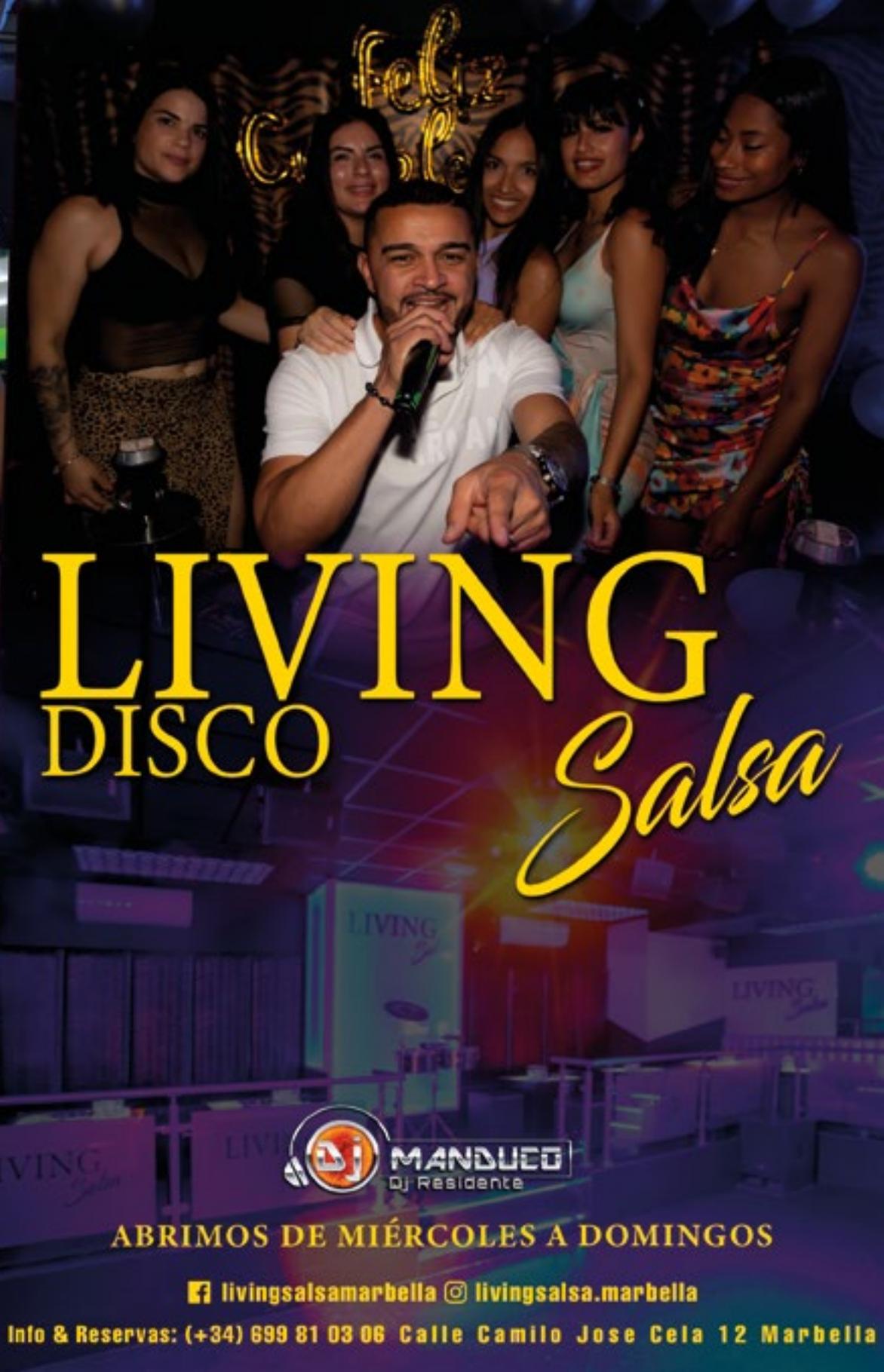


### Finally married!

After being in the public eye for a while now, Jennifer Lopez and Ben Affleck finally tied the knot in a very private celebration in Las Vegas last month. Even though they have been very out in the public during the relationship both of them opted for a more familiar celebration and a honeymoon with their children.



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**Daytime goth**

Kourtney Kardashian was loyal to her signature style and wore all black for a LA walk.



**Working duo**

Javier Bardem and Nicole Kidman will be working together once again for the musical 'Spellbound'.



**New prince?**

Even though Khloe Kardashian says she's single, some sources claim she might be in a talking stage now.



**Pure class**

Viola Davis wore this elegant all white suit for the launch event of Paramount+ UK.

**Everything takes time**

New Zealand singer Lorde discussed the public's reaction to her latest record 'Solar Power' which was released a year ago. She admits that since people did not enjoy it that much at first she felt hurt, but she was convinced it was the album that she needed to make. Luckily listeners have grown to enjoy the singer's work now.



**Back to the stage**

Beyoncé has made her official return to the music industry after some time without any major releases. The singer pre-released the first single of her upcoming album 'Renaissance', called 'Break My Soul' and it showcases heavy influences of house music and American ballroom culture.

# La Jungla



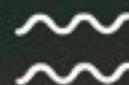
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FRI 05		ORO VIEJO BY DJ NANO
SAT 06		THE CAPTAIN CHAPTER III
SUN 07		MOCHAKK
MON 08		L'ALGERINO
TUE 09		CANO / CAMIN
WED 10		MATHAME / MISS MONIQUE
THU 11		JUSTIN QUILES
FRI 12		VINTAGE CULTURE
SAT 13		THE CAPTAIN CHAPTER IV
SUN 14		BORIS BREJCHA / ANNA TUR
MON 15		NINHO
TUE 16		MORAD
WED 17		CLAPTONE
THU 18		JAY1
FRI 19		PTAZETA
SAT 20		THE CAPTAIN CHAPTER V
SUN 21		CAMELPHAT / AGENTS OF TIMES / GONÇALO
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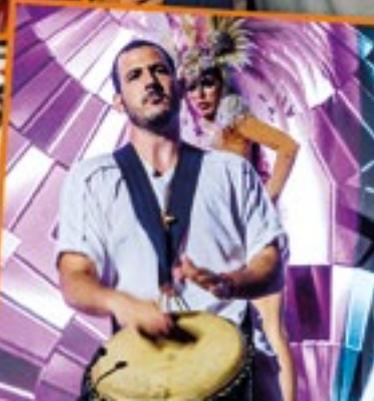
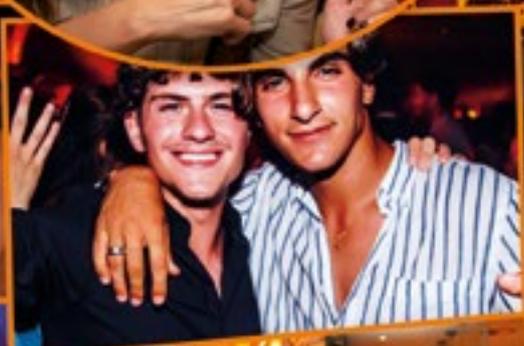
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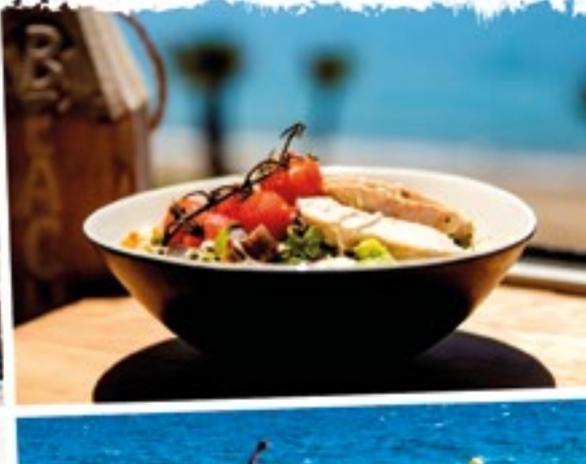






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