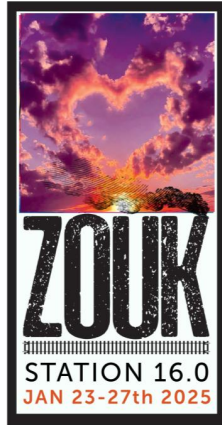


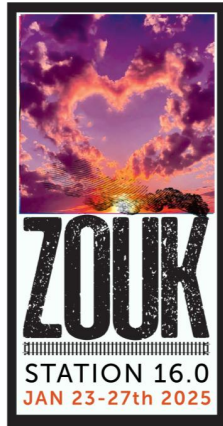
FRIDAY SCHEDULE

- 6PM – Registration Opens
- 7PM – Welcome Dinner
(Brooke's Taco Bar)
- 8:30-Late – Brazilian Zouk Party



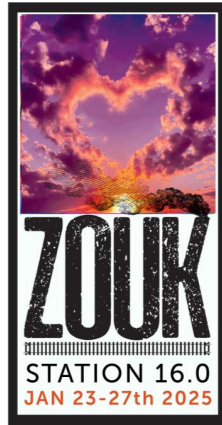
SATURDAY SCHEDULE

- 8AM – Barracks Breakfast
- 10-11AM – Pilates with Rhi
- 11AM-1PM – Matt & Val
()
- 1-2:30PM – Lunch
- 2:30-4:30PM – Jimmy & Alana
()
- 5-6PM – Stretch Class with Jess
- 7PM – Dinner (BBQ)
- 8:30-Late – Brazilian Zouk Party



SUNDAY SCHEDULE

- | | | |
|-------------|---|---|
| 8AM | - | Barracks Breakfast |
| 10-11AM | - | Mobility with Jess |
| 11-1PM | - | Rhi
() |
| 1-2:30PM | - | Lunch |
| 2:30-3:30PM | - | Lachlan & Jess
(Expressing Creativity) |
| 3:30-4:30PM | - | Jason & Steph
(The not so "simple turn") |
| 5-6PM | - | Yin Yoga with Brooke |
| 7PM | - | Dinner (Pizza) |
| 8:30-Late | - | Brazilian Zouk Party |



MONDAY SCHEDULE

- 8AM - Barracks Breakfast
- 10-MIDDAY - Kosta & Veronika
()
- 12:15-2:30PM - Lunch @
Goulburn Soldiers Club
(Offsite)
- 3:30-4:30PM - Brooke & Julien
()
- 5-6PM - Jess & Kosta
()
- 7PM - Dinner (East meets West)
- 8:30-Late - Brazilian Zouk Party
- TUESDAY CHECKOUT AT MIDDAY