

THURSDAY SCHEDULE

6PM - Registration Opens

7PM - Welcome Dinner (Brooke TBA)

8:30-Late - Brazilian Zouk Party



FRIDAY SCHEDULE

8AM - Barracks Breakfast

10-11AM - Dance Physio with Jess

11-1PM - Jack & Tayler

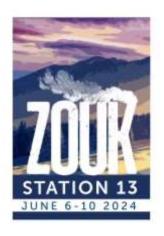
1-2:30PM - Lunch

2:30-4:30PM - Jess & Kosta

5-6PM – Yin Yoga with Matt

7PM – Dinner (TBA)

8:30-Late - Brazilian Zouk Party



SATURDAY SCHEDULE

8AM - Barracks Breakfast

10-11AM - Flow Yoga with Matt

11-1PM - Karen & Julien

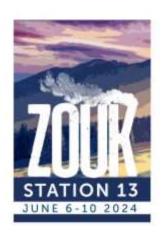
1-2:30PM - Lunch

2:30-4:30PM - Matt & Tayler

5-6PM - Breathwork & Connection With Brooke

7PM – Dinner (Pasta)

8:30-Late - Brazilian Zouk Party



SUNDAY SCHEDULE

8AM - Barracks Breakfast

10-1PM - Brunch @ Rozes

2pm-Late - Zouk Marathon

7PM – Dinner (Pizza)

MONDAY CHECKOUT AT MIDDAY