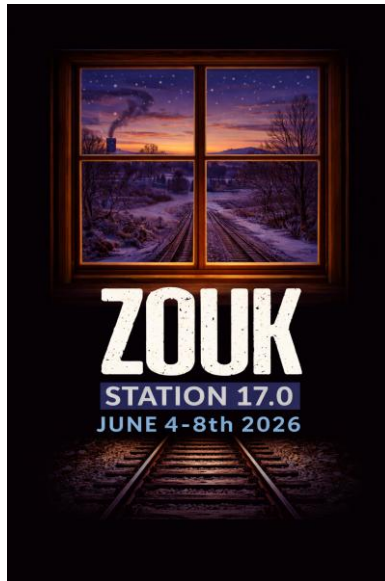


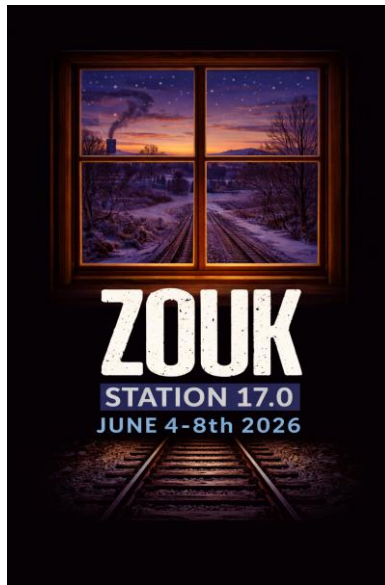
## THURSDAY SCHEDULE

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



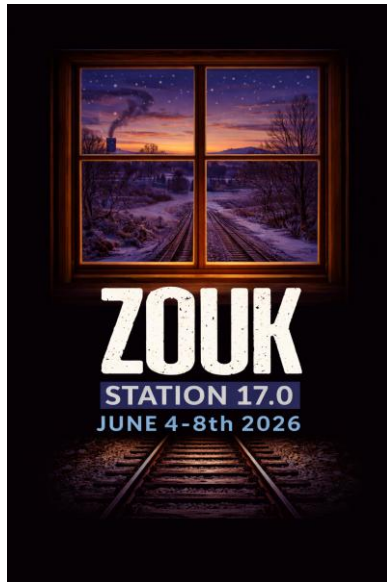
## FRIDAY SCHEDULE

- 8AM - Barracks Breakfast
- 10-11AM - Yoga Flow (Brooke)  
(A movement and flow class to warm and wake up the body)
- 11-1PM - Jess & Kosta  
(How to create effortless flow through fascia lead movements and weight transfer)
- 1-2:30PM - Lunch
- 2:30-4:30PM - Dev & Ana
- 5-6PM - Yin Yoga (Kimmy)  
(Deep stretch and release for the body, with a meditative restful sound immersion)
- 7PM - Dinner (East Meets West)
- 8:30-Late - Brazilian Zouk Party



## SATURDAY SCHEDULE

- 8AM – Barracks Breakfast
- 10-11AM – Yoga Flow (Kimmy)  
(A movement and flow class to warm and wake up the body)
- 11-1PM – Karen & Jon  
(Lambada)
- 1-2:30PM – Lunch
- 2:30-4:30PM – Izzy & Steve  
(Circular patterns with flow & head movements)
- 5-6PM – Yin Yoga (Brooke)  
(Deep stretch and release for the body, with a meditative restful sound immersion)
- 7PM – Dinner (Pasta!)
- 8:30-Late – Brazilian Zouk Party



## SUNDAY SCHEDULE

- 8AM – Barracks Breakfast
- 10-1PM – Brunch @ Roses  
(59 Verner Street)
- 2pm-Late – Zouk Marathon
- 7PM – Dinner (Pizza)

MONDAY CHECKOUT AT MIDDAY