

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 - Kosta & Veronika

1-2:30PM - Lunch

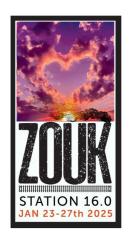
2:30-3:30PM - Lachlan & Jess

3:30-4:30PM - Jason & Steph

5-6PM – Yin Yoga with Brooke

7PM – Dinner (Pizza)

8:30-Late - Brazilian Zouk Party



MONDAY SCHEDULE

8AM - Barracks Breakfast

10-MIDDAY - Brunch @ Roses Cafe

1-3PM - Rhi

4-5PM - Jess & Kosta

5-6PM - Brooke & Julien

7PM - Dinner (East meets West)

8:30-Late - Brazilian Zouk Party

MONDAY CHECKOUT AT MIDDAY