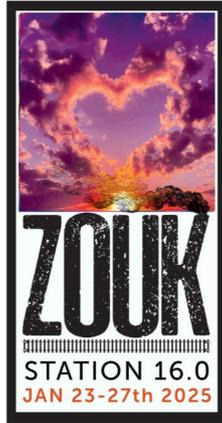


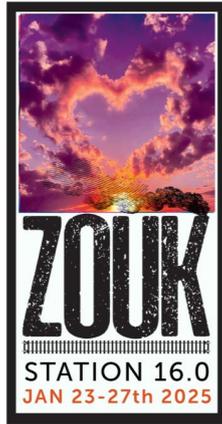
FRIDAY SCHEDULE

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



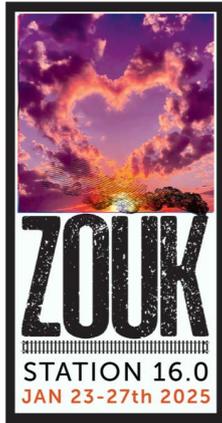
SATURDAY SCHEDULE

- 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**
(The Art of Softening: a dance physiotherapist's perspective on how to use stretching to create ease and flow in Zouk)
- 7PM - Dinner (BBQ)
- 8:30-Late - Brazilian Zouk Party



SUNDAY SCHEDULE

- 8AM - Barracks Breakfast
- 10-11AM - Mobility with Jess
(From Tension to Flow: A dance physiotherapist's lens on nervous system regulation for effortless Zouk)
- 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