



# 3 DAY FITNESS & YOGA PARTY

## SCHEDULE OF EVENTS

**THURSDAY, FEB. 28**

TIME/AREA	FRONT POOL AREA	BACK POOL AREA	FIREPLACE	MAIN BALLROOM	FOOD & BEVERAGE	EXECUTIVE ROOM	PARKING LOT
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM					DINNERTIME		
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM		CANDLELIGHT RESTORATIVE/YIN YOGA STEPHANIE BARD					
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							



# 3 DAY FITNESS & YOGA PARTY

## SCHEDULE OF EVENTS

# FRIDAY, MARCH 1

TIME/AREA	FRONT POOL AREA	BACK POOL AREA	FIREPLACE	MAIN BALLROOM	FOOD & BEVERAGE	EXECUTIVE ROOM	PARKING LOT
7:00 AM					BREAKFAST		
7:30 AM							
8:00 AM							BODYWEIGHT STRONG NATE PALMER
8:30 AM							
9:00 AM	COREPOWER CHRISTA, KARL, JAQLYN			DENNIS ABRY ASHTANGA YOGA			
9:30 AM							
10:00 AM					MINDFUL NUTRITION JASON SANI	SOUL SCHOOL HARMONY FULTON	METACON FACE MELTER JEREMY SCOTT
10:30 AM		ACRO YOGA PATRICK REINER ACROBODY					
11:00 AM	BUTI YOGA BIZZIE				LUNCH TIME		
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	YOGA SCULPT BRITTNY GOLDING	AERIAL YOGA STEPHANIE TAYLOR	OPEN TIMES FOR: 1:1 NUTRITION WITH DR. HEATHER DUQUETTE-WOLF DR. KRISTEN MCCORMACK RANDI GRAVES	GODDESS WORKSHOP AMY SOLARA			BODI CLASSES
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	HIP HOP VINYASA JONAH KEST				F&B BREAK		
3:30 PM							
4:00 PM		OPEN SPACE FOR ACRO & AERIAL YOGA		DECREASING BODY TOXINS DR. KRISTEN			
4:30 PM			JUDGEMENT DETOX ASHLEE MILLER				
5:00 PM					THE VEGAN BLONDE FOOD (DEMO)		
5:30 PM					DINNERTIME		
6:00 PM	DOWN AND DIRTY JESSICA PATE						
6:30 PM				AROMAFLOW DESIREE VARGAS			
7:00 PM							
7:30 PM							
8:00 PM		SURRENDERING YIN YOGA ANGELLA TORTORICI					
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							



# 3 DAY FITNESS & YOGA PARTY

## SCHEDULE OF EVENTS

### SATURDAY, MARCH 2

TIME/AREA	FRONT POOL AREA	BACK POOL AREA	FIREPLACE	MAIN BALLROOM	FOOD & BEVERAGE	EXECUTIVE ROOM	PARKING LOT
7:00 AM					BREAKFAST		BUTI FLOW STEPHANIE BARD
7:30 AM							
8:00 AM	VINYASA MASTERCLASS JONAH KEST			INTRO TO MEDITATION & SPIRITUAL PRACTICE ANTON MACKEY			ARSENAL HIIT KENYATTA BANKS
8:30 AM							
9:00 AM							
9:30 AM		ARM BALANCE & INVERSION WORKSHOP KARL ANDERSON		HABITS OF HEALTH - AYURVE-			EVERYBODY'S MINDFUL VINYASA BEAU ASH
10:00 AM	RYAN REED BOOTY FITNESS						
10:30 AM			WELLNESS CONVERSATION RANDI GRAVES & BRITNY GOLDING		CHEF JASON WYRICK THE VEGAN TASTE		
11:00 AM	MARKETPLACE OPEN				LUNCH TIME		
11:30 AM		MARKETPLACE OPEN					
12:00 PM							
12:30 PM	TRUFUSION SPIN CLASSES 45 MINUTE CLASSES PRISCILLA & KATIE						BODI CLASSES
1:00 PM		AERIAL YOGA STEPHANIE TAYLOR	NUTRITION WITH DR. HEATHER DUQUETTE-WOLF DR. KRISTEN MCCORMACK RANDI GRAVES				
1:30 PM							
2:00 PM							
2:30 PM		MARKETPLACE OPEN					
3:00 PM		BEYOND BALANCE ACRO YOGA JONAH KEST			F&B BREAK		
3:30 PM	MARKETPLACE OPEN						
4:00 PM	PRIMAL FLOW ANTON MACKEY		LIFESTYLE JULES JULIE XANDER				
4:30 PM							
5:00 PM					THE VEGAN BLONDE FOOD (DEMO)		
5:30 PM	MARKETPLACE OPEN						
6:00 PM	MAT PILATES JESSICA PATE	MARKETPLACE OPEN 11AM - 8PM		GOAL SETTING SHAW MCPHERSON	DINNERTIME		
6:30 PM							
7:00 PM	MARKETPLACE OPEN			RESTORATIVE YOGA NIDRA WITH CRYSTALSANGELLA T & AIMEE S			
7:30 PM							
8:00 PM							
8:30 PM		POOLSIDE FUN					
9:00 PM							
9:30 PM							
10:00 PM							



# 3 DAY FITNESS & YOGA PARTY

## SCHEDULE OF EVENTS

# SUNDAY, MARCH 3

TIME/AREA	FRONT POOL AREA	BACK POOL AREA	FIREPLACE	MAIN BALLROOM	FOOD & BEVERAGE	EXECUTIVE ROOM	PARKING LOT
7:00 AM					BREAKFAST		
7:30 AM							
8:00 AM	ASHTANGA REMIX JONAH KEST	AERIAL STRAPS PAIGE ARNONE		EGO VS TRUE SELF SHAW MCPHERSON			
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM		ACRO YOGA EDGE ACROBATICS		YOGASSAGE JASON & KERRI ZELICH	MINDFUL NUTRITION JASON SANI		BODI CLASSES
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	BARRES YOGA KARIE JOHNSON &				LUNCH TIME		
12:30 PM							
1:00 PM	POOLSIDE FUN						
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							