



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			WELLNESS CONVERSATION RANDI GRAVES & BRITTNY GOLDING				
6:30 PM							
7:00 PM				EMPOWERMENT TALK BIZZIE GOLD			
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						
11:30 AM					LUNCH TIME		
12:00 PM							
12:30 PM							
1:00 PM							BODI CLASSES
1:30 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			
2:00 PM							
2:30 PM							
3:00 PM	HIP HOP VINYASA JONAH KEST					F&B BREAK	
3:30 PM							
4:00 PM				*DECREASING BODY TOXINS DR. KRISTEN MCCORMACK			
4:30 PM		OPEN SPACE FOR ACRO & AERIAL YOGA					
5:00 PM			JUDGMENT DETOX ASHLEE MILLER		THE VEGAN BLONDE		
5:30 PM							
6:00 PM	DOWN AND DIRTY JESSICA PATE				DINNERTIME		
6:30 PM							
7:00 PM				AROMAFLOW DESIREE VARGA			
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	POOL CABANAS	BACK POOL AREA	FIREPLACE	MAIN BALLROOM	FOOD & BEVERAGE	PARKING LOT STUDIO	
7:00 AM								
7:30 AM								
8:00 AM						BREAKFAST		
8:30 AM								11.11 THE PRACTICE STEPHANIE BARD
9:00 AM								
9:30 AM	VINYASA MASTERCLASS JONAH KEST							
10:00 AM			ARM BALANCE & INVERSION WORKSHOP KARL ANDERSON		HABITS OF HEALTH - AYURVEDA DR. MEGHANA THANKI		EVERYBODY'S MINDFUL VINYASA BEAU ASH	
10:30 AM	RYAN REED BOOTY FITNESS					CHEF JASON WYRICK THE VEGAN TASTE		
11:00 AM		MARKETPLACE OPEN 11AM - 8PM						
11:30 AM							LUNCH TIME	
12:00 PM								
12:30 PM	TRUFUSHION SPIN CLASSES FOUR 45 MINUTE CLASSES PRISCILLA & KATIE			AERIAL YOGA STEPHANIE TAYLOR				BODI CLASSES
1:00 PM					OPEN TIMES FOR:1:1 NUTRITION WITH DR. HEATHER DUQUETTE-WOLF DR. KRISTEN MCCORMACK RANDI GRAVES			
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM				BEYOND BALANCE ACRO YOGA JONAH KEST			F&B BREAK	
3:30 PM	PRIMAL FLOW ANTON MACKAY							
4:00 PM					LIFESTYLE JULES JULIE XANDER			
4:30 PM			INFLUENCER MIX & MINGLE					
5:00 PM								
5:30 PM						THE VEGAN BLONDE		
6:00 PM					GOAL SETTING SHAW MCPHERSON			
6:30 PM						DINNERTIME		
7:00 PM								
7:30 PM					RESTORATIVE YOGA NIDRA WITH CRYSTALS ANGELLA T & AIMEE S			
8:00 PM	POOLSIDE FUN							
8:30 PM	POOLSIDE FUN							
9:00 PM	POOLSIDE FUN							
9:30 PM	POOLSIDE FUN							
10:00 PM	POOLSIDE FUN							



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							
8:30 AM							
9:00 AM							
9:30 AM				*EGO VS TRUE SELF SHAW MCPHERSON			
10:00 AM	ASHTANGA REMIX JONAH KEST	AERIAL STRAPS PAIGE ARNONE			MINDFUL NUTRITION JASON SANI		
10:30 AM							
11:00 AM				YOGASSAGE JASON & KERRI ZELICH	LUNCH TIME		BODI CLASSES
11:30 AM							
12:00 PM	BARRE3 YOGA KARIE JOHNSON & LAUREN KUHLMAN	ACRO YOGA EDGE ACROBATICS					
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							