



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							
7:30 AM							
8:00 AM					BREAKFAST		
8:30 AM							BODYWEIGHT STRONG NATE PALMER
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							
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			BODI CLASSES
2:00 PM							
2:30 PM							
3:00 PM	HIP HOP VINYASA JONAH KEST					F&B BREAK	
3:30 PM							
4:00 PM							
4:30 PM				DECREASING BODY TOXINS DR. KRISTEN			
5:00 PM		OPEN SPACE FOR ACRO & AERIAL YOGA	JUDGEMENT DETOX ASHLEE MILLER				
5:30 PM						THE VEGAN BLONDE FOOD (DEMO)	
6:00 PM	DOWN AND DIRTY JESSICA PATE				DINNERTIME		
6:30 PM							
7:00 PM							
7:30 PM				AROMAFLOW DESIREE VARGAS			
8:00 PM							
8:30 PM		SURRENDERING YIN YOGA ANGELLA TORTORICI					
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 DR. MEGHANA THANKI			EVERYBODY'S MINDFUL VINYASA BEAU ASH	
10:00 AM	RYAN REED BOOTY FITNESS		WELLNESS CONVERSATION RANDI GRAVES & BRITNY GOLDING			CHEF JASON WYRICK THE VEGAN TASTE		
10:30 AM	MARKETPLACE OPEN							
11:00 AM		MARKETPLACE OPEN			LUNCH TIME			
11:30 AM								
12:00 PM								
12:30 PM	TRUFUSHION SPIN CLASSES FOUR 45 MINUTE CLASSES PRISCILLA & KATIE	AERIAL YOGA STEPHANIE TAYLOR	NUTRITION WITH DR. HEATHER DUQUETTE-WOLF DR. KRISTEN MCCORMACK RANDI GRAVES				BODI CLASSES	
1:00 PM								
1:30 PM		MARKETPLACE OPEN						
2:00 PM								
2:30 PM		BEYOND BALANCE ACRO YOGA JONAH KEST			F&B BREAK			
3:00 PM	MARKETPLACE OPEN							
3:30 PM	PRIMAL FLOW ANTON MACKEY		LIFESTYLE JULES JULIE XANDER					
4:00 PM								
4:30 PM								
5:00 PM	MARKETPLACE OPEN	MARKETPLACE OPEN 11AM - 8PM			THE VEGAN BLONDE FOOD (DEMO)			
5:30 PM								
6:00 PM	MAT PILATES JESSICA PATE			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	POOLSIDE FUN							
8:30 PM								
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 YOGAEDGE ACROBATICS		YOGASSAGE JASON & KERRI ZELICH	MINDFUL NUTRITION JASON SANI		BODI CLASSES
10:30 AM							
11:00 AM							
11:30 AM						LUNCH TIME	
12:00 PM	BARRE3 YOGA KARIE JOHNSON &						
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							