

TEACHER TRAINING SCHEDULE

Schedule subject to change



SATURDAY APRIL 14	SUNDAY APRIL 15 DAY 1		MONDAY APRIL 16 DAY 2		TUESDAY APRIL 17 DAY 3	
Welcome Table Pick up your welcome package in your resort lobby 11:00am to 9:00pm White Sand Resort 3:00pm to 9:00pm Colonial Resort ***** ARRIVAL ***** Welcome Event For: All Participants 7:30pm to 9:30pm Location: La Jarra located in Kantengah Beach	7:45am - 8:15am	TEACHERS WELCOME TALK Instructor: Amanda For: WS, LTT L.1,2,3,4 Participant Location: Gym Studio				
	8:30am - 9:25am	ESSETRICS CLASS Instructor: Amanda For: WS, LTT L.1,2,3,4 Participant Location: Gym Studio		ESSETRICS CLASS Instructor: Miranda For: All Participants Location: Grand Maya Coba	ESSETRICS CLASS Instructor: Miranda For: All Participants Location: Grand Maya Coba	
	9:30am - 10:00am	MIRANDA'S TALK Instructor: Miranda For: All Participants Location: Grand Maya Coba		MIRANDA'S TALK Instructor: Miranda For: All Participants Location: Grand Maya Coba		
	10:00am - 10:30am	BREAK (30 min) or Toning Class →	ESSETRICS TONING CLASS Instructor: Severina For: All Participants (optional) Location: Grand Maya Coba	BREAK (30 min) or Toning Class →	ESSETRICS TONING CLASS Instructor: Sahra For: All Participants (optional) Location: Grand Maya Coba	APPLIED ESSETRICS WITH MIRANDA Time: 9:30am - 11:00am For: All Participants Location: Grand Maya Coba Application of theory into practice - Body analysis - Setting class purpose - Putting into practice the Essentrics mantra
	10:45am - 12:45pm	LEVEL 1 LTT Instructor: Meg Required attendance: Registrant L.1 Location: Gym Studio	LEVEL 3 LTT Instructor: Gail Required attendance: Registrant L.3 Location: Kantengah 1-2-3	LEVEL 1 LTT Instructor: Meg Required attendance: Registrant L.1 Location: Gym Studio	LEVEL 3 LTT Instructor: Gail Required attendance: Registrant L.3 Location: Kantengah 1-2-3	
12:45pm - 2:00pm	LUNCH (75 min)		LUNCH (75 min)			
2:00pm - 3:15pm	LEVEL 1 LTT Instructor: Meg Required attendance: Registrant L.1 Location: Gym Studio	LEVEL 3 LTT Instructor: Gail Required attendance: Registrant L.3 Location: Kantengah 1-2-3	LEVEL 1 LTT Instructor: Meg Required attendance: Registrant L.1 Location: Gym Studio	LEVEL 3 LTT Instructor: Gail Required attendance: Registrant L.3 Location: Kantengah 1-2-3		
3:15pm - 4:15pm	WS TEACHING SKILLS Instructor: Meg Required attendance: Registrant L.1 Optional attendance: Open to all TT Location: Gym Studio	WS BARRE Instructor: Amanda Required attendance: Registrant L.3 Optional attendance: Certified L.2 - L.4 Location: Kantengah 1-2-3	WS MARKETING Instructor: Meg Required attendance: Registrant L.1 Optional attendance: Open to all TT Location: Gym Studio	WS PAIN Instructor: Amanda Required attendance: Registrant L.3 Optional attendance: Certified L.2 - L.4 Location: Kantengah 1-2-3		
4:45pm - 5:45pm	GROUP CLASS L.1 PCW1 Instructor: Gail Required attendance: Registrant L.1 Location: Gym Studio		GROUP CLASS L.1 PCW1 Instructor: Meg Required attendance: Registrant L.1 Location: Gym Studio		FREE TIME	
	ESSETRICS CLASS Instructor: Amanda Assistant: Miranda (assisting and giving personal corrections) For: Registrant L.2-3-4 + WS Location: Grand Maya Coba		ESSETRICS CLASS Instructor: Gail Assistant: Miranda (assisting and giving personal corrections) For: Registrant L.2-3-4 + WS Location: Grand Maya Coba			
6:30pm - 8:30pm	GROUP DINNER ALL Participants (optional) Location: Restaurant La Dalia located in the White Sand Lobby		FREE TIME			

	WEDNESDAY APRIL 18 DAY 4		THURSDAY APRIL 19 DAY 5		FRIDAY APRIL 20 DAY 6
7:45am - 8:15am					
8:30am - 9:25am	ESSETRICS CLASS Instructor: Miranda For: All Participants Location: Grand Maya Coba		ESSETRICS CLASS Instructor: Miranda For: All Participants Location: Grand Maya Coba		ESSETRICS CLASS Instructor: Miranda For: All Participants Location: Grand Maya Coba
9:30am - 10:00am	MIRANDA'S TALK Instructor: Miranda For: All Participants Location: Grand Maya Coba		MIRANDA'S TALK Instructor: Miranda For: All Participants Location: Grand Maya Coba		
10:00am - 10:30am	BREAK (30 min) or Toning Class →	ESSETRICS TONING CLASS Instructor: Lauren For: All Participants (optional) Location: Grand Maya Coba	BREAK (30 min) or Toning Class →	ESSETRICS TONING CLASS Instructor: Sahra For: All Participants (optional) Location: Grand Maya Coba	
10:45am - 12:45pm	LEVEL 2 LTT Instructor: Gail Required attendance: Registrant L2 Location: Kantenah 1-2-3	LEVEL 4 LTT Instructor: Amanda Required attendance: Registrant L.4 Location:Gym Studio	LEVEL 2 LTT Instructor: Gail Required attendance: Registrant L.2 Location: Kantenah 1-2-3	LEVEL 4 LTT Instructor: Amanda Required attendance: Registrant L.4 Location:Gym Studio	
12:45pm - 2:00pm	LUNCH (75 min)		LUNCH (75 min)		*****
2:00pm - 3:15pm	LEVEL 2 LTT (1:45PM - 3:00PM) Instructor: Gail Required attendance: Registrant L2 Location: Kantenah 1-2-3	LEVEL 4 LTT Instructor: Amanda Required attendance: Registrant L.4 Location:Gym Studio	LEVEL 2 LTT (1:45PM - 3:00PM) Instructor: Gail Required attendance: Registrant L.2 Location: Kantenah 1-2-3	LEVEL 4 LTT Instructor: Amanda Required attendance: Registrant L.4 Location:Gym Studio	DEPARTURE *****
3:15pm- 4:15pm	WS MUSIC Instructor: Severina Required attendance: Registrant L2 Optional attendance: Open to all TT Location: Kantenah 1-2-3	WS SPORTS Instructor: Gail Required attendance: Registrant L.4 Optional attendance: Certified L.2 - L.4 Location:Gym Studio	WS AGING BACKWARDS Instructor: Meg Required attendance: Registrant L.2 Optional attendance: Open to all TT Location: Kantenah 1-2-3	WS DESIGNING A WORKOUT Instructor: Gail Required attendance: Registrant L.4 Optional attendance: Certified L.2 - L.4 Location: Gym Studio	
4:45pm - 5:45pm	ESSETRICS CLASS Instructor: Meg Assistant: Miranda (assisting and giving personal corrections) For: All Participants Location: Grand Maya Coba		ESSETRICS CLASS Instructor: Sahra Assistant: Miranda (assisting and giving personal corrections) For: All Participants Location: Grand Maya Coba		
6:30pm - 8:30pm	GROUP DINNER ALL Participants (optional) Location: Restaurant La Dalia located in the White Sand Lobby		FREE TIME		