

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
	8:30am - 9:20am	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 - 10:30am	MIRANDA'S TALK Instructor: Miranda For: All Participants Location: Grand Maya Coba	MIRANDA'S TALK Instructor: Miranda For: All Participants Location: Grand Maya Coba	APPLIED ESSETRICS WITH MIRANDA Application of theory into practice - Body analysis - Setting class purpose - Putting into practice the Essentrics mantra For: All Participants Location: Grand Maya Coba Time: 9:30am - 11:00pm
	10:30am - 11:15am	BREAK (45 min) or Toning Class Optional	BREAK (45 min) or Toning Class Optional	
	11:15am - 12:15pm	ESSETRICS TONING CLASS For: Optional for All Participants Class time: 10:40am - 11:05am Location: Gym Studio	ESSETRICS TONING CLASS For: Optional for All Participants Class time: 10:40am - 11:05am Location: Gym Studio	
***** ARRIVAL *****	11:15am - 12:15pm	WS TEACHING SKILLS Required attendance: Registrant L.1 Optional attendance: Open to all TT Location: Gym Studio	WS BARRE Required attendance: Registrant L.3 Optional attendance: Certified L.2 - L.4 Location: Kantenah 1-2-3	WS MARKETING Required attendance: Registrant L.1 Optional attendance: Open to all TT Location: Gym Studio
	12:15pm - 1:15pm	LUNCH (60 min)		
	1:15pm - 4:45pm	WS PAIN Required attendance: Registrant L.3 Optional attendance: Certified L.2 - L.4 Location: Kantenah 1-2-3	LEVEL 1 LTT Required attendance: Registrant L.1 Location: Gym Studio	LEVEL 3 LTT Required attendance: Registrant L.3 Location: Kantenah 1-2-3 Time: 1:00pm - 4:30pm
	4:45pm - 5:45pm	LEVEL 1 LTT Required attendance: Registrant L.1 Location: Gym Studio	LEVEL 3 LTT Required attendance: Registrant L.3 Location: Kantenah 1-2-3	
	7:00pm - 9:00pm	GROUP CLASS L.1 PCW1 Required attendance: Registrant L.1 Location: Gym Studio	GROUP CLASS L.1 PCW1 Required attendance: Registrant L.1 Location: Gym Studio	FREE TIME
		ESSETRICS CLASS For: Registrant L.2-3-4 + WK Miranda assisting and giving personal corrections Location: Grand Maya Coba	ESSETRICS CLASS For: Registrant L.2-3-4 + WK Miranda assisting and giving personal corrections Location: Grand Maya Coba	
		GROUP SUPPER *more info coming soon	FREE TIME	

	WEDNESDAY APRIL 18 DAY 4		THURSDAY APRIL 19 DAY 5		FRIDAY APRIL 20 DAY 6
8:30am - 9:20am	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 - 10:30am	MIRANDA'S TALK Instructor: Miranda For: All Participants Location: Grand Maya Coba		MIRANDA'S TALK Instructor: Miranda For: All Participants Location: Grand Maya Coba		
10:30am - 11:15am	BREAK (45 min) or Toning Class Optional	ESSETRICS TONING CLASS For: Optional for All Participants Class time: 10:40am - 11:05am Location: Gym Studio	BREAK (45 min) or Toning Class Optional	ESSETRICS TONING CLASS For: Optional for All Participants Class time: 10:40am - 11:05am Location: Gym Studio	
11:15am - 12:15pm	WS MUSIC Required attendance: Registrant L2 Optional attendance: Open to all TT Location: Kantenah 1-2-3	WS ATHLETES Required attendance: Registrant L.4 Optional attendance: Certified L.2 - L.4 Location:Gym Studio	WS AGE REVERSING Required attendance: Registrant L.2 Optional attendance: Open to all TT Location: Kantenah 1-2-3	WS BUILDING A WORKOUT Required attendance: Registrant L.4 Optional attendance: Certified L.2 - L.4 Location: Gym Studio	
12:15pm - 1:15pm	LUNCH (60 min)		LUNCH (60 min)		
1:15pm- 4:45pm	LEVEL 2 LTT Required attendance: Registrant L2 Location: Kantenah 1-2-3	LEVEL 4 LTT Required attendance: Registrant L.4 Location:Gym Studio	LEVEL 2 LTT Required attendance: Registrant L.2 Location: Kantenah 1-2-3	LEVEL 4 LTT Required attendance: Registrant L.4 Location:Gym Studio	
4:45pm - 5:45pm	ESSETRICS CLASS For: All Participants Miranda assisting and giving personal corrections Location: Grand Maya Coba		ESSETRICS CLASS For: All Participants Miranda assisting and giving personal corrections Location: Grand Maya Coba		
7:00pm - 9:00pm	GROUP SUPPER *more info coming soon		FREE TIME		

DEPARTURE
