

# FITNESS HOLIDAY SCHEDULE

*\*Schedule subject to change\**



SATURDAY APR 14		SUNDAY   APR 15 DAY 1	MONDAY   APR 16 DAY 2	TUESDAY   APR 17 DAY 3	WEDNESDAY   APR 18 DAY 4	THURSDAY   APR 19 DAY 5	FRIDAY   APR 20 DAY 6	
<b>Welcome Table</b> Pick up your welcome package in your resort lobby	8:30am - 9:25am	<b>ESSETRICS CLASS</b> Instructor: Miranda For: All Participants Location: Grand Maya Coba	<b>ESSETRICS CLASS</b> Instructor: Miranda For: All Participants Location: Grand Maya Coba	<b>ESSETRICS CLASS</b> Instructor: Miranda For: All Participants Location: Grand Maya Coba	<b>ESSETRICS CLASS</b> Instructor: Miranda For: All Participants Location: Grand Maya Coba	<b>ESSETRICS CLASS</b> Instructor: Miranda For: All Participants Location: Grand Maya Coba	<b>ESSETRICS CLASS</b> Instructor: Miranda For: All Participants Location: Grand Maya Coba	
	<b>11:00am to 9:00pm</b> White Sand Resort  <b>3:00pm to 6:00pm</b> Colonial Resort	9:30am - 10:00am	<b>MIRANDA'S TALK</b> Instructor: Miranda For: All Participants Location: Grand Maya Coba	<b>MIRANDA'S TALK</b> Instructor: Miranda For: All Participants Location: Grand Maya Coba	<b>FREE TIME</b>	<b>MIRANDA'S TALK</b> Instructor: Miranda For: All Participants Location: Grand Maya Coba	<b>MIRANDA'S TALK</b> Instructor: Miranda For: All Participants Location: Grand Maya Coba	<b>DEPARTURE</b>
*****  <b>ARRIVAL</b>  *****	10:00am - 10:30am	<b>ESSETRICS TONING CLASS OPTIONAL*</b> Instructor: Severina ALL Participants (optional) Location: Gym Studio	<b>ESSETRICS TONING CLASS OPTIONAL*</b> Instructor: Sahra ALL Participants (optional) Location: Gym Studio	<b>ESSETRICS TONING CLASS OPTIONAL*</b> Instructor: Lauren ALL Participants (optional) Location: Gym Studio		<b>ESSETRICS TONING CLASS OPTIONAL*</b> Instructor: Sahra ALL Participants (optional) Location: Gym Studio	*****	
	<b>BREAK</b>		<b>BREAK</b>					
<b>Welcome Event</b> For: All Participants 7:30pm to 9:30pm Location: La Jarra located in Kantenah Beach	4:45pm - 5:45pm	<b>ESSETRICS CLASS</b> Instructor: Amanda <b>Assitant: Miranda</b> (assisting and giving personal corrections) For: All Participants Location: Grand Maya Coba	<b>ESSETRICS CLASS</b> Instructor: Gail <b>Assitant: Miranda</b> (assisting and giving personal corrections) For: All Participants Location: Grand Maya Coba	<b>ESSETRICS CLASS</b> Instructor: Sahra <b>Assitant: Miranda</b> (assisting and giving personal corrections) For: All Participants Location: Grand Maya Coba		<b>ESSETRICS CLASS</b> Instructor: Meg <b>Assitant: Miranda</b> (assisting and giving personal corrections) For: All Participants Location: Grand Maya Coba		
	6:30pm - 8:30pm	<b>GROUP DINNER</b> ALL Participants (optional) Location: Restaurant La Dalia located in White Sand Lobby	<b>FREE TIME</b>	<b>GROUP DINNER</b> ALL Participants (optional) Location: Restaurant La Dalia located in White Sand Lobby		<b>FREE TIME</b>		