



# GAINS FIT 2022 Las Vegas Retreat

## Tentative Agenda

Thursday Evening			Location
6:00PM	7:30PM	Xtreme Hip Hop Masterclass	TBD
7:45PM	9:15PM	MixedFit Masterclass	TBD
9:15PM	10:45PM	Welcome Reception	TBD
Friday			Location
7:00AM	9:00AM	Breakfast	TBD
7:00AM	7:45AM	Aqua Zumba	Outdoor Pool
8:00AM	8:45AM	Commit	TBD
		Xtreme Hip Hop	TBD
		MixedFit	TBD
		TBD	TBD
9:00AM	9:45AM	MixedFit	TBD
		Strength Name TBA	TBD
		Commit	TBD
		Yoga	TBD
10:00AM	10:45AM	U-Jam Fitness	TBD
		TBD	TBD
		World Rhythms	TBD
		It's Getting Hot In Here	TBD
11:00AM	11:45AM	Fitkizomba	TBD
		Cardio & Strength Interval Training	TBD
		Urban Boot Camp	TBD
		Workshop TBD	TBD
12:00PM	12:45PM	Afro-Caribbean	TBD
		HIIT Challenge	TBD
		Zumba	TBD
		Weight Management 101	TBD
7:00PM	9:00PM	Dance Crew Masterclass	TBD
9:00PM	10:30PM	Meet and Greet Party	TBD