



GAINS FIT Retreat Las Vegas 2023 Tentative Agenda

Thursday			Location
4:45PM	5:00PM	Welcome and Door Prizes	Ballroom
5:00PM	6:00PM	Fitness Showcase with Multiple Instructors	Ballroom
6:00PM	7:30PM	Xtreme Hip Hop Masterclass with Multiple Instructors	Ballroom
7:45PM	9:15PM	MixedFit Masterclass with Multiple Instructors	Ballroom
9:15PM	10:45PM	Welcome Reception	Ballroom
Friday			Location
7:00AM	8:30AM	Breakfast	TBD
8:00AM	8:45AM	Aqua Zumba w/	TBD
8:00AM	8:45AM	COMMIT w/	TBD
8:00AM	8:45AM	MixedFit w/	TBD
8:00AM	8:45AM	U-Jam w/	TBD
8:00AM	8:45AM	EDM w/	TBD
9:00AM	9:45AM	Aqua Zumba w/	TBD
9:00AM	9:45AM	Cardio Tai Box w/	TBD
9:00AM	9:45AM	Level Up w/	TBD
9:00AM	9:45AM	HIIT Challenge w/	TBD
9:00AM	9:45AM	Abs w/	TBD
10:00AM	10:45AM	Aqua Zumba w/	TBD
10:00AM	10:45AM	COMMIT w/	TBD
10:00AM	10:45AM	U-Jam w/	TBD
10:00AM	10:45AM	FitKizomba w/	TBD
10:00AM	10:45AM	VIBE w/	TBD
11:00AM	11:45AM	Xtreme Hip Hop w/	TBD
11:00AM	11:45AM	Strength/Workshop w/	TBD
11:00AM	11:45AM	Chair One w/	TBD
11:00AM	11:45AM	Weight Management w/	TBD
12:00PM	12:45PM	Afro Carribean w/	TBD
12:00PM	12:45PM	Nu Fit Diva w/	TBD
12:00PM	12:45PM	Zumba w/	TBD
12:00PM	12:45PM	Yoga w/	TBD
2:00PM	4:00PM	Photo Shoot (Additional cost)	TBD
6:45PM	7:00PM	Door Prizes	Ballroom
7:00PM	9:00PM	Dance Crew Masterclass	Ballroom
9:00PM	10:30PM	Meet & Greet Party	Ballroom



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Saturday			Location
7:00AM	8:30AM	Breakfast	TBD
8:00AM	8:45AM	Aqua Zumba w/	TBD
8:00AM	8:45AM	COMMIT w/	TBD
8:00AM	8:45AM	MixxedFit w/	TBD
8:00AM	8:45AM	EDM w/	TBD
8:00AM	8:45AM	Zumba w/	TBD
9:00AM	9:45AM	Aqua Zumba w/	TBD
9:00AM	9:45AM	Pop Pilates w/	TBD
9:00AM	9:45AM	Chair One w/	TBD
9:00AM	9:45AM	Boot Camp w/	TBD
9:00AM	9:45AM	It's Getting Hot In Here w/	TBD
10:00AM	10:45AM	Aqua Zumba w/	TBD
10:00AM	10:45AM	COMMIT w/	TBD
10:00AM	10:45AM	MixxedFit w/	TBD
10:00AM	10:45AM	U-Jam w/	TBD
10:00AM	10:45AM	VXN w/	TBD
11:00AM	11:45AM	Xtreme Hip Hop w/	TBD
11:00AM	11:45AM	Abs w/	TBD
11:00AM	11:45AM	Urban Boot Camp w/	TBD
11:00AM	11:45AM	Cultivating Your Confidence Workshop w/	TBD
11:00AM	11:45AM	Strength/Workshop w/	TBD
12:00PM	12:45PM	World Rhythmz w/	TBD
12:00PM	12:45PM	Feels w/	TBD
12:00PM	12:45PM	Line Dancing w/	TBD
12:00PM	12:45PM	Yoga w/	TBD
5:45PM	6:00PM	Door Prizes	Ballroom
2:00PM	4:00PM	Photo Shoot (Additional cost)	TBD
2:00PM	6:00PM	COMMIT Choreo Scene (Open to all - Additional cost)	TBD
2:30PM	5:30PM	ZIN Jam Session (ZIN ONLY - Additional cost) with TBD	TBD
7:00PM	9:00PM	Main Event: Let's Glow Crazy Dance Smash	Ballroom
9:00PM	10:30PM	After Party	Ballroom
Sunday			Location
7:00AM	8:30AM	Breakfast	TBD
8:00AM	9:30AM	COMMIT Masterclass	Ballroom
10:00AM	5:00PM	COMMIT Training (Additional cost) with Jee W	Ballroom