



GAINS FIT Retreat

Tentative Virginia Beach Agenda

May 30 - June 2, 2024

Thursday			Location
3:00PM	7:00PM	Retreat Check-In	Atrium
4:45PM	5:00PM	Welcome and Door Prizes	TBA
5:00PM	6:30PM	Xtreme Hip Hop Masterclass with VB Area Instructors	TBA
6:30PM	8:00PM	Dance Fitness Masterclass with VB Area Instructors	TBA
8:00PM	10:00PM	Welcome Dinner Party	Atrium
Friday			Location
7:00AM	8:30AM	Breakfast	Atrium
8:00AM	8:45AM	Aqua	Outdoor Pool
8:00AM	8:45AM	Zumba	TBA
8:00AM	8:45AM	Afro Caribbean	TBA
8:00AM	8:45AM	MixxedFit	TBA
9:00AM	9:45AM	Aqua	Outdoor Pool
9:00AM	9:45AM	Strength	TBA
9:00AM	9:45AM	Strong	TBA
9:00AM	9:45AM	Chair One	TBA
9:00AM	9:45AM	Xtreme HH	TBA
10:00AM	10:45AM	Aqua	Outdoor Pool
10:00AM	10:45AM	MixxedFit	TBA
10:00AM	10:45AM	COMMIT	TBA
10:00AM	10:45AM	Built to Workshop	TBA
10:00AM	10:45AM	U-Jam	TBA
11:00AM	11:45AM	Aqua	Outdoor Pool
11:00AM	11:45AM	Strength	TBA
11:00AM	11:45AM	CIRCL Mobility	TBA
11:00AM	11:45AM	It's Getting	TBA
11:00AM	11:45AM	Strength	TBA
12:00PM	12:45PM	Line Dancing	TBA
12:00PM	12:45PM	Feels	TBA
12:00PM	12:45PM	Turnup	TBA
12:00PM	12:45PM	Yoga	TBA
12:45PM	1:00PM	Door Prizes	TBA
5:45PM	6:00PM	Door Prizes	TBA
6:00PM	8:00PM	Themed Dance Crew Masterclass	TBA
8:00PM	10:00PM	Meet & Greet Dinner Party	Atrium

Agenda Continued

Saturday			Location
7:00AM	8:30AM	Breakfast	Atrium
8:00AM	8:45AM	Aqua	Outdoor Pool
8:00AM	8:45AM	VIBE	TBA
8:00AM	8:45AM	MixxedFit	TBA
8:00AM	8:45AM	COMMIT	TBA
8:00AM	8:45AM	Run	Outdoor Pool
9:00AM	9:45AM	Aqua	TBA
9:00AM	9:45AM	Chair One	TBA
9:00AM	9:45AM	Strength	TBA
9:00AM	9:45AM	Strength	TBA
9:00AM	9:45AM	BootySculpt	Outdoor Pool
10:00AM	10:45AM	Aqua	TBA
10:00AM	10:45AM	MixxedFit	TBA
10:00AM	10:45AM	Tik Tok	TBA
10:00AM	10:45AM	Hoops	TBA
10:00AM	10:45AM	Zumba	Outdoor Pool
11:00AM	11:45AM	Aqua	TBA
11:00AM	11:45AM	Xtreme HH	TBA
11:00AM	11:45AM	Strength	TBA
11:00AM	11:45AM	Strength	TBA
11:00AM	11:45AM	Weight Management	TBA
12:00PM	12:45PM	RSWAG	TBA
12:00PM	12:45PM	COMMIT	TBA
12:00PM	12:45PM	MUSE	TBA
12:00PM	12:45PM	Yoga	TBA
12:45PM	1:00PM	Door Prizes	TBA
2:30PM	5:30PM	Training	TBA
5:45PM	6:00PM	Door Prizes	TBA
6:00PM	8:00PM	Let's Glow Crazy Dance Smash	TBA
8:00PM	10:00PM	Farewell Dinner Party	Atrium
Sunday			Location
7:00AM	8:30AM	Breakfast	Atrium
8:00AM	9:30AM	Themed Masterclass	TBA
9:30AM	9:45AM	Door Prizes - Grand Prize Giveaway	TBA
8:00AM	5:00PM	Training	TBA