



GAINS FIT Retreat Cancun 2024

Agenda

Thursday Evening			Location
11:00AM	5:00PM	Check-In	Lobby Foyer
5:30PM	5:45PM	Door Prizes	Pool
5:45PM	7:00PM	Aqua Masterclass	Pool
7:30PM	8:30PM	Welcome Reception	TBD
8:15PM	8:30PM	Door Prizes	TBD
Friday			Location
8:00AM	8:45AM	Aqua	Pool
8:00AM	8:45AM	COMMIT	TBD
8:00AM	8:45AM	Zumba	TBD
8:00AM	8:45AM	MixxedFit	TBD
9:00AM	9:45AM	Aqua	Pool
9:00AM	9:45AM	Strength	TBD
9:00AM	9:45AM	It's Getting	TBD
9:00AM	9:45AM	Strength	TBD
10:00AM	10:45AM	Aqua	Pool
10:00AM	10:45AM	U-Jam	TBD
10:00AM	10:45AM	Zumba	TBD
10:00AM	10:45AM	MixxedFit	TBD
11:00AM	11:45AM	Strength	TBD
11:00AM	11:45AM	Interval or X Burn	TBD
11:00AM	11:45AM	Yoga	TBD
12:00PM	12:45PM	Nu Fit	TBD
12:00PM	12:45PM	Afro Carribean	TBD
12:00PM	12:45PM	SWEAX♥LOGY	TBD
12:45PM	1:00PM	Door Prizes	TBD
1:00PM	6:00PM	Enjoy the Property	Dreams Riviera Cancun
6:00PM	7:30PM	Dance Crew Masterclass	TBD
7:30PM	7:45PM	Door Prizes	TBD

Cancun 2024 Agenda Continued

Saturday			Location
8:00AM	8:45AM	Aqua	Pool
8:00AM	8:45AM	COMMIT	TBD
8:00AM	8:45AM	MixxedFit	TBD
8:00AM	8:45AM	U-Jam	TBD
9:00AM	9:45AM	Aqua	Pool
9:00AM	9:45AM	Strength	TBD
9:00AM	9:45AM	Circl Mobility	TBD
9:00AM	9:45AM	Xtreme Burn	TBD
10:00AM	10:45AM	Aqua	Pool
10:00AM	10:45AM	U-Jam	TBD
10:00AM	10:45AM	Zumba	TBD
10:00AM	10:45AM	MixxedFit	TBD
11:00AM	11:45AM	Strength	TBD
11:00AM	11:45AM	Strength	TBD
11:00AM	11:45AM	Yoga	TBD
12:00PM	12:45PM	Feels in Heels	TBD
12:00PM	12:45PM	COMMIT	TBD
12:00PM	12:45PM	Dance Fitness	TBD
12:45PM	1:00PM	Door Prizes	TBD
1:00PM	6:00PM	Enjoy the Property	Dreams Riviera Cancun
6:00PM	7:30PM	Beach Party Masterclass	Beach
7:30PM	10:30PM	Farewell Dinner	TBD
9:30PM	9:45PM	Door Prizes	TBD
Sunday			Location
6:00AM	12:00PM	Checkouts	Hotel Front Desk