

*** ZUMBA, YOGA & RHYTHM RETREAT 2013- TIMETABLE- JULY 14th- 21st***

	Sunday 14th: Arrival	Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th	Sunday 21st: Depart
09:00		09:30- 11:00		09:30- 11:00		09:30- 11:00		08:30- 10:00
10:00		YOGA		YOGA		YOGA		BREAKFAST
11:00		11:00- 12:00		11:00- 12:00		11:00- 12:00		11:00
12:00		ZUMBA		ZUMBA		ZUMBA		CHECK OUT of HOTEL
13:00		12:00- 19:00	12:00- 13:00	12:00- 18:30	12:00- 13:00	12:00- 17:30	12:00- 13:00	Return home///
14:00		FREE TIME	ZUMBA	FREE TIME	ZUMBA	FREE TIME	ZUMBA	see you next year!!
15:00		Optional: Join city tour	13:00- 19:30		13:00- 19:30	Ideas: Visit	13:00- 18:30	
16:00		Sightseeing	FREE TIME	14:00- 15:45	FREE TIME for	Gaudi's buildings	FREE TIME	
17:00		Beach/ relax	Massage	GROUP 2 (4 day)	7 day Group	Go to Gaudi Park	Book a massage	
18:00		Massage/Other	You time!	WELCOME & YOGA SESSION	4 day Group free time until 16h	Eat some tapas	Sightseeing	
19:00				16:00- 17:00	16:00- 17:30		Beach time	
20:00	16:30- 18:30			GROUP 2 ZUMBA	SUP CLASS			
21:00	ORIENTATION AND YOGA SESSION				Group 2 (4 day)	17:30- 18:30		
22:00	18:30- 19:30			18:30- 20:00		FLAMENCO CLASS		
23:00	ZUMBA	19:00- 20:30	19:30- 21:00	JAZZ CRUISE	19:30- 21:00	18:30- 19:30	18:30- 20:00	
		SUP CLASS	YOGA in PARK	ALL GROUPS	YOGA in PARK	FREE TIME	RHYTHM SURPRISE	
	20:30- 23:30	20:30- 23:00	FREE NIGHT	FREE NIGHT	for ALL	19:30- 23:00	20:00- LATE	
	WELCOME DRINKS and DINNER	FREE NIGHT	21:00- 23:00	OPTIONAL : PARTY NIGHT	21:00- 23:00	PAELLA COOKING CHALLENGE	FINAL NIGHT PARTY	
			FREE NIGHT		FREE NIGHT			

*** Guide only-Program subject to change.

Through week, could be added workshops and activities.. TBC