



BARCELONA YOGA & POLE CAMP 2016 JUNE 9-15 TIMETABLE Version I

	Thurs 9	Fri 10	Sat 11	Sun 12	Mon 13	Tues 14	Wed 15	Thurs 16
9-10:30am		YOGA	YOGA	YOGA	SLEEP IN	SLEEP IN	9h SUP YOGA	
11- 12:30pm		VeeNiz- Trick & Transitions	VeeNiz- Art of Seduction	VeeNiz- Art of Seduction	Possible extra workshop with Marlo TBC- 7 day group ONLY	11-12.30 Sexy Stretch & Acro with VeeNiz	BRUNCH near the BEACH	CHECK- OUT and HOME TIME
12:30- 2pm	ARRIVALS at STUDIO from 2pm	FREE TIME BOOK A PRIVATE CLASS with VEENIZ	BREAK 12:30-2	12.45pm- 2.15pm Marlo-Pole Flow® Signature Moves Workshop	12.30-2pm Yoga with Raphaella	4 night stay Departures	1-2.30pm VeeNiz- Art of Seduction	
3pm	2.30pm-3pm Intro Circle 3-4pm Yoga class	MASSAGE or PHYSIO SESSION VAMOS A LA PLAYA!!	2-3.30pm Pole Flow® with Marlo Fisken (Floor Based for All Levels) Feeling Woman students only	FREE TIME Beach Time / Massage/ Private Class	2.15-3.15pm VeeNiz- Tricks & Transitions	FREE TIME MASSAGE or PHYSIO SESSIONS/ CITY TOUR @ 3pm	3pm-5pm FINAL REVIEW CLASS & Closing Circle	SEE YOU IN 2017!
5pm	4.15pm-5.45pm Art of Seduction	Pole Flow® with Marlo Fisken (Floor Based for All Levels)	3.45pm- 5.15pm Marlo-Rotations Workshop: the Art of Aerial Spinning on a Static Pole	5-6:30pm Marlo- Improv & Choreography Workshop				
7pm	8pm GROUP DINNER & DRINKS	FREE TIME	FREE TIME	FREE TIME	FREE TIME	7.30-9:00pm - YOGA & MEDITATION IN THE PARK	FINAL NIGHT PARTY & DINNER	
9pm		MASSAGE or PHYSIO SESSIONS AVAILABLE	MASSAGE or PHYSIO SESSIONS AVAILABLE	8.30pm PERFORMANCE & SHOWCASE NIGHT & FAREWELL for 4 DAY GROUP	Relax- massage or book into Spa at aires de Barcelona. A lovely Moroccan Style bathhouse close to the Borne.			
10:00pm								

* Please note this is Version I of the timetable for the Pole Camp. Most schedules will stay the same, though there could be some slight changes. Email us at: info@yogaishtastyle.com