

VIRTUAL EVENT SCHEDULE

5 DAY WOMEN'S RETREAT DEC 9-13, 2020

TIME	WED DEC 9	THURS DEC 10	FRI DEC 11	SAT DEC 12	SUN DEC 13
AM					
7:00	OPENING CEROMONIES OPENING CEROMONIES? "LIVE" WELCOME! (15 min) with <i>Kim</i>	BARRE with <i>Ayanna</i> (30 min) BUILD A BOWL (7:30 /15 min) with <i>Kim</i>	SHOPPING PREVIEW SHOPPING PREVIEW	SHOPPING PREVIEW SHOPPING PREVIEW PRE-OPENING TREAT DRAWS PRE-OPENING TREAT DRAWS BOUJIE BOUTIQUE OPENS	
8:00	FIT@HOME with <i>Esther</i> (60 min) BODY SCULPT with <i>Cathy</i> (50 min)	FIT@HOME with <i>Shan</i> (60 min) TABATA with <i>Cathy</i> (50 min)	FIT@HOME with <i>Esther</i> (60 min) BODY SCULPT with <i>Cathy</i> (50 min)	EPIC30 RESET with <i>Kim & Cara</i> (30 min) BOOTCAMP with <i>Cathy</i> (60 min)	TEAM TABATA with <i>Kim/Sharon/Debi/Esther</i> (8:30) (60 min)
9:00	SHOPPING PREVIEW SHOPPING PREVIEW SHOWCASE SHOULDERS with <i>Kim</i> (9:30) (30 min)	BARRE with <i>Ayanna</i> (60 min) (9:15) FIT 65 with <i>Esther</i> (30 min) (9:30)	BARRE with <i>Ayanna</i> (30 min) SHOPPING PREVIEW SHOPPING PREVIEW	ZUMBA DANCE PARTY with <i>Kat</i> (9:30) (30 min)	WALK @ HOME with <i>Esther</i> (30 min) EPIC21 RECHARGE REG with <i>Kim & Cara</i> (9:30) (30min)
10:00	PAIN IN YOUR NECK with <i>Kim</i> (10:30) (15 min)	ZUMBA DANCE PARTY with <i>Kat</i> (9:30am) (30 min) SHOPPING PREVIEW SHOPPING PREVIEW	IMMUNITY IN YOUR COMMUNITY Reenie (15-30 min)	POWER UP with <i>Esther</i> (60 min)	LARGEST LAUGHING YOGA HOLIDAY PARTY! with <i>Tanya</i> (45 min) STRONG with <i>Brenie</i> (10:45) (45 min)
11:00	HEALING CRYSTALS @ <i>Tricia's Gems</i> Cloverdale Store Front (15 min) (11:30)	FIT KITCHEN with <i>Esther</i> (60 min)	COMPLIMENTARY DISH with <i>Renee</i> (15-30 min)	ZYIA FASHION SHOW with <i>Cathy</i> (15 min) NOSH IT UP! (11:30) with <i>Renee</i> (15-30 min)	BLOW OUT DEALS @ BOUJIE BOUTIQUE
12:00	TREAT DRAWS TREAT DRAWS	PRIZE DRAWS PRIZE DRAWS	BUILD YOUR OWN SOUP with <i>Kim</i> (15 min) TREAT DRAWS TREAT DRAWS	EPIC30 RESET with <i>Kim & Cara</i> (30 min) PRIZE DRAWS PRIZE DRAWS	CLOSING CEREMONIES CLOSING CEREMONIES?
1:00	BURLESQUE BASICS with <i>Reenie</i> (15-30 min)	GOOD FOOD REAL FAST with <i>Cara</i> (30 min)	TEA TIME & WISTORY with <i>Kim</i> (30 min)	PILATES MAT with <i>Elizabeth</i> (30 min)	
2:00	GROCERY STORE SHOPPING TOUR with <i>Kristen</i> - Save-On Foods (60 min)	ART CARD MAKING with <i>Karen</i> (15 min) SHOPPING PREVIEW SHOPPING PREVIEW	THE ART OF ORIGAMI with <i>Sharon</i> (15 min) ELDERBERRY SYRUP KITS with <i>Stephanie</i> (15 min)	ZYIA FASHION SHOW With <i>Cathy</i> (15 min)	
3:00	CAFFEINATION with <i>Cara</i> (30 min) LUSCIOUS LEGS with <i>Sharon</i> (15 min) (3:30)	IN YOUR FACE with <i>Sharon</i> (15 min)	FIT KITCHEN with <i>Esther</i> (60 min) SHOPPING PREVIEW SHOPPING PREVIEW	FINDING YOUR CREATIVE PROCESS <i>Author: Michelle Oucharek Deo</i> (30 min)	
4:00	LAUGHTER YOGA with <i>Siobhan</i> (45 min)	DECADENT DESSERT with <i>Kim</i> (15 min) (4:00) BUILD YOUR OWN PLATE with <i>Jacque</i> (430) (45 min) SHOPPING PREVIEW SHOPPING PREVIEW	KICKIN IT with <i>Sharon</i> (30 min) (3:30)	ZOOM READY MAKE-UP With <i>Stephanie</i> (30 min)	
5:00	SHOPPING PREVIEW SHOPPING PREVIEW YOGA with <i>Linda</i> (60 min) (5:30)	CORE CONDITONING with <i>Cathy</i> (50 min) (5:30)	ZUMBA with <i>Elaine</i> (60 min) (5:30)	FIT KITCHEN with <i>Esther</i> (60 min)	
6:00	WINE WEDNESDAY "Best Travel Memories" <i>Author: Michelle Oucharek Deo</i> (60 min)(6:15) EPIC30 RESET with <i>Kim & Cara</i> (30 min)	SHOPPING PREVIEW SHOPPING PREVIEW STRONG with <i>Brenie</i> (45 min)	PAMPER YOUR POOCH TIPS with <i>Sharon</i> (6:30) (15 min) SHOPPING PREVIEW SHOPPING PREVIEW		
7:00	BOOTY BURN with <i>Sita</i> (30 mins) PANDICULATING with <i>Kim</i> (30 min) (7:15)	PRESENCE PRACTICE with <i>Cathy</i> (50 min) PAIN IN MY A\$\$ RELIEF with <i>Kim</i> (15 min) (7:30)	MAKING CRYSTAL EARRINGS with <i>Sharon</i> (15 min) ZYIA FASHION SHOW With <i>Cathy</i> (15 min) (7:30) EPIC30 RESET with <i>Kim & Cara</i> (7:30)(30 min)	TAI CHI with <i>Esther</i> (30 mins) (7:30)	
8:00	SHOPPING PREVIEW SHOPPING PREVIEW PRIZE DRAWS PRIZE DRAWS	TREAT DRAWS TREAT DRAWS	GIRLS NIGHT OUT Meet your <i>ReTREATERS!</i> 8-to Nine We Wine PRIZE DRAWS PRIZE DRAWS	TREAT DRAWS TREAT DRAWS	

