

# ZUMBA SARASOTA CRUISE

## MARCH 9-12, 2023

### THURSDAY 3.9.2023

**10:15am** Bus riders must arrive on time

**Location:** Zumba Sarasota.

**4:00-5:00pm** Welcome Aboard on ship + info session

*No food or drink allowed*

**Location:** Adriatic & Baltic Conference rooms. **Deck 4**

**5:30pm** Group Dinner - Casual

**Location: Deck 5**

After dinner: show and/or dancing until ?

### SATURDAY 3.11.2023

Enjoy your day in Cozumel.

Excursions leave early.

No classes

**5:30pm** Group Dinner - Casual

**Location: Deck 4**

After dinner: show and/or dancing until ?

### FRIDAY 3.10.2023

**7:45-8:45am** Weight Training

**Location:** Vitality Spa & Fitness Center. **Deck 12**

**9:00-9:30am** Yoga + Ab Attack (bring a towel or mat)

**Location:** Starquest Night Club. **Deck 13**

**9:30-12:00pm** Zumba®

9:30-10:30am Beth + Darlene

10:30-11:30am Yael

11:30-12:00pm Robert

**Location:** Starquest Night Club. **Deck 13**

**3:00-3:30pm** Flash Mob lead by Yael. Song: Iko Iko

**Location:** Infront of Casino Royal (elevator side not pub side). **Deck 6**

**3:45-4:45pm** Zumba with Yael

**Location:** Running Deck near the Sports Court. **Deck 12**

**5:30pm** Group Dinner - Formal Night (optional)

**Location: Deck 4**

After dinner: Show and/or dancing until ?

### SUNDAY 3.12.2023

**7:45-8:45am** Weight Training

**Location:** Vitality Spa & Fitness Center. **Deck 12**

**9:00-9:30am** Yoga + Ab Attack (bring a towel or mat)

**Location:** Starquest Night Club. **Deck 13**

**9:30-12:00pm** Zumba®

9:30-10:30am Beth + Darlene

10:30-11:30am Yael

11:30-12:00pm Robert

**Location:** Starquest Night Club. **Deck 13**

**2:00-2:30pm** Group photos + Zumba Dance Parade

Wear your Zumba Sarasota Cruise Shirt

**2:30-3:30pm** Zumba with Yael

**Location:** Running Deck near the Sports Court. **Deck 12**

**5:00-5:25pm** Farewell Meetup + Costume photos.

Wear your pirate gear and let's walk to dinner together!

**Location:** Adriatic & Baltic Conference rooms. **Deck 5**

**5:30pm** Group Dinner - Pirate Attire

**Location: Deck 4**

After dinner: Show and/or dancing until ?