



# LIFCON Retreat Hinerary

## Wednesday, July 18

- 7:00 - 9:00 pm 🎉 Retreat Check-In!
- 9:00 - 11:00 pm 🎉 Welcome Reception!

## Thursday, July 19

- 8:00 - 9:00 am 🏋️ LaBlast Fitness
- 9:00 - 5:00 pm BREAK
- 5:00 - 6:00 pm 🏋️ LaBlast Fitness feat. New Master Trainers

## Friday, July 20

- 8:00 - 8:45 am 🏋️ LaBlast Splash
- 9:15 - 10:15 am 🏋️ LaBlast Fitness
- 10:15 - 3:00 pm BREAK
- 3:00 - 4:00 pm 📖 LaBlast Health & Wellness: Honoring Your Rhythm
- 4:00 - 7:00 pm BREAK
- 7:00 - 8:00 pm 🏋️ LaBlast Line Dancing at Sunset

## Saturday, July 21

- 8:00 - 8:45 am 🏋️ LaBlast Splash
- 9:15 - 10:15 am 🏋️ LaBlast Fitness
- 10:15 - 8:00 pm BREAK
- 8:00 - 12:00 am 🎉 LaBlast Dance Extravaganza - Awards Gala

## Sunday July 22

- 9:30 - 11:00 am 🏋️ LaBlast Fitness (Silk & Shape)
- 11:00-1:00 pm 🎉 Farewell Brunch!



Social Event



Workout Class



Lecture Session

#LIFCON2018

#LaBlastFitness