

The



just dance weekender!

Fri 3rd - Sun 5th Nov



RETREAT TIMETABLE *

* Subject to change

RETREAT THEME:

Dance
DIVAS



FRIDAY 3RD NOVEMBER



3pm

Check-in
Reception

5-6:30pm

THE
SHOWDANCE
EXPERIENCE

with Charlotte Chazel!
Oakwood Room

7:30pm

Dinner
Dining Room

9pm

Movie Screening
Oakwood Room



SATURDAY 4TH NOVEMBER



- 8-9am (Gentle!) Flowetic with Fi & Lizzie
Oakwood Room
- 7:30-10:30am Breakfast
Dining Room
- 11-1pm Workshop with Moulin Rouge
(West End & Broadway) choreographer
Rebecca Howell
Oakwood Room
- 1:30pm Lunch
Dining Room
- 4-5pm Just Dance Fit: Dance Divas
glowstick class with Fi & Lizzie
Oakwood Room
- 7pm Dinner
Maplethorpe Suite
- 9pm-midnight The Just Dance Disco!
Oakwood Room



SUNDAY 5TH NOVEMBER



● 7:30-10:30am Breakfast

Dining Room

● 11am

Check-Out

Reception

● 11:30-12:30pm Closing class:
Gentle Flow Yoga with Diane

Oakwood Room

Safe travels home everyone!



CLASS DESCRIPTIONS



Showdance Experience

Dust off your sequins and take centre stage in the only fitness class that makes you feel like a star. Quite simply the sassiest and most theatrical class you have ever known: Showdance ...with the truly fabulous Charlotte Chazel!

You'll need: a bottle of water and your happy face!

Flowetic

Dance, tone, stretch and relax (in that order) to some of the best music around. Walk taller, think happier ...and feel like a dancer.

You'll need: a bottle of water and a yoga mat

Moulin Rouge Workshop

A 2 hour window of dance joy with internationally acclaimed choreographer and all-round epic human, Rebecca Howell.

You'll need: a bottle of water and your happy face

Just Dance Fit: Dance Divas

60 minutes of Just Dance Fit heaven. All the dance diva classics with disco lights and glowsticks to ramp up the fun.

You'll need: a bottle of water and your happy face (glowsticks provided)

Gentle Flow Yoga

Take a breath and wind it down a notch with this mindful class that will leave you floating out of the room.

You'll need: a bottle of water and a yoga mat

