

Momentum Fest Schedule - FRIDAY

<b>REGISTRATION &amp; EXPO</b>	<i>Registration booth opens at 7:30am</i>	<i>Most vendors open at 7:30am</i>	
<b>REFORMER CLASSES</b>	Reformer classes will be held in the Balanced Body vendor area (Private Dining Room)		
<b>8:30-9:30</b>	Grace Hurry - Cadillac on the Mat PAVILLION	Trina Altman - Pilates Deconstructed - Arch, Curl, Connect and Unwind CENTENNIAL E	Jenn Perell - Creativity and Purpose EAST LAWN
<b>9:45-10:45</b>	Anula Maiberg & James Crader - Shift Happens PAVILLION	Courtney Miller - Baby's Got Back CENTENNIAL E	Delia Buckmaster - Pilates Awaken PINE
<b>11:00-12:00</b>	Tracey Mallett - bootybarre PINE	Jessica Valant - The Power of Twists PAVILLION	James Crader - Movement Lab:Pilates EAST LAWN
<b>BREAK &amp; EXPO 12:00-1:30</b>	<i>Lunch on your own, expo open</i>		
<b>1:30-2:30</b>	Delia Buckmaster - Mat Pilates Sculpt CENTENNIAL F	Jenna Zaffino - Breathe with Me PAVILLION	Anula Maiberg - When in Doubt? Rolling Like a Ball PINE
<b>2:45-3:45</b>	Meredith Rogers - Back to Basics PAVILLION	Lesley Logan - Finding Your Flow CENTENNIAL F	Grace Hurry - Brit Pop Pilates PINE
<b>4:00-5:00</b>	Jenn Perell - Rhythm + Power with Music (Vinyasa Flow) CENTENNIAL F	Tracey Mallett - Pilates with the Band PAVILLION	Courtney Miller - Pilates/HIIT Fusion PINE
<b>REGISTRATION</b>	<i>Registration booth closes at 5:00</i>		
<b>MOMENTUM FEST HAPPY HOUR 5:00-7:00 HOTEL LOUNGE/ATRIUM</b>	<i>All attendees welcome! Join us for live music, shopping at the expo, mingling and a cash bar. It's the perfect way to cap off a day of classes!</i>		