



## Schedule for GagaEden Bio28, September 2024 (Weekday Edition)

### Monday, September 23:

3:00 pm - Pick up at Asti train station

3:45 pm - Check-in at Bio28

5:45-7:00 pm - Welcome talk, followed by Gaga/people class

7:30 pm - Dinner

### Tuesday, September 24:

8:00-9:00 am - Breakfast

10:00-11:00 am - Gaga/people

11:30-1:00 pm - Gaga/metodika

1:15-2:15 pm - Lunch

2:15-6:00 pm - Bio28 time, including tour of the grounds, gardening, Gravity®<sup>®</sup>, etc.

6:00-7:00 pm - Gaga/people

7:30 pm - Dinner

9:00 pm - Film screening

### Wednesday, September 25:

Coffee + light snacks before the class

8:00-9:00 am - Gaga/people

9:15-10:30 am - Breakfast

11:00-12:30 pm - Gaga/metodika + conversation

1:00-2:00 pm - Lunch

2:00-6:00 pm - Bio28 time, including gardening, Gravity®<sup>®</sup>, etc.

6:00-7:00 p.m. - Gaga/people

7:30 pm - Dinner

9:00 pm - Party

### Thursday, September 26:

8:00-9:00 am - Breakfast

10:00-11:00 am - Gaga/people

11:00-11:30 am - Closing conversation with the teachers

12:00-1:00 pm - Farewell lunch

1:15 pm - Check out and transfer to Asti train station

*\*This schedule is subject to change.*

*\*\*Optional Gravity®<sup>®</sup> classes for conditioning will be offered in the mornings and during afternoon breaks. More information will be provided upon arrival.*