



Schedule for GagaEden Bio28, May 2025

Thursday, May 15:

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 class
7:30 pm - Dinner

Friday, May 16:

8:00-9:00 am - Breakfast
10:00-11:00 am - Gaga
11:30-1:00 pm - Gaga/metodika
1:15-2:15 pm - Lunch
2:15-5:15 pm - Bio28 time, including tour of the grounds, gardening, Gravity®, etc.
5:30-6:30 pm - Gaga
7:00 pm - Dinner
8:30 pm - Film screening

Saturday, May 17:

Coffee + light snacks before the class
8:00-9:00 am - Gaga
9:15-10:30 am - Breakfast
11:00-12:30 pm - Gaga/metodika + conversation
1:00-2:00 pm - Lunch
2:00-5:45 pm - Bio28 time, including gardening, Gravity®, etc.
6:00-7:00 p.m. - Gaga
7:30 pm - Dinner
9:00 pm - Dancing at Glamping

Sunday, May 18:

8:00-9:00 am - Breakfast
10:00-11:00 am - Gaga
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® classes for conditioning will be offered in the mornings and during afternoon breaks.
More information will be provided upon arrival.*