ACRO NATURAL FESTIVAL

Tentative Schedual subject to change

4 Day Circus Arts and Wellness Retreat ~ November 6-9, 2026

Time	FRIDAY	SATURDAY	SUNDAY	MONDAY
9:00 AM		Morning Yoga Jenna Citrus 9am-9:45am Butt Hutt Deck	Morning Yoga Jenna Citrus 9am-9:45am Butt Hutt Deck	
9:15 AM				
9:30 AM				
9:45 AM		Break	Break	
10:00 AM		Intro to Fire Safety for Flow Artists Brittney 10:00:12:00 pm North Grove	Nature Walk Alex Gather outside of Butt Hutt 10am Guided nature walk will start at 10:10am end at 11:30am	
10:15 AM				
10:30 AM		L-Based Acro Flows & Poses Trenter & Susan 10:30am-11:30am North Grove		
10:45 AM				
11:00 AM	Hypnotic Meditation Sean 11am-11:45am North Grove			Hypnotic Meditation Sean 11am-11:45am North Grove
11:15 AM				
11:30 AM			Break	
11:45 AM	Break		Poetry Rochelle 11:40am-1:15pm Meet in North Grove at 11:40am , group will walk together to scenic site for class at 11:50am)	Explore the resort at your leisure for the rest of the day
12:00 PM		Break		
12:15 PM				
12:30 PM		Intro to Aerial Hammock Amber 12:30pm-1:30pm Beach near Pickleball Courts		
12:45 PM				
1:00 PM				
1:15 PM			Break	
1:30 PM		Break		
1:45 PM			Sound Bath Destinee & Sarah 1:40pm-2:40pm North Grove	
2:00 PM		Intro to Juggling Carla 2pm-2:30pm North Grove		
2:15 PM				
2:30 PM		Break		
2:45 PM			Break	
3:00 PM	AcroYoga Skills & Drills Brittney 3pm-4pm North Grove	Dragon Staff Stephen 2:45pm-3:45pm North Grove	Standing Acro & Dance Lifts Trenter and Susan 3pm-4pm North Grove	
3:15 PM				
3:30 PM				
3:45 PM				
4:00 PM	Break	Break	Break	
4:15 PM	Intro to Poi and Beyond Steve 4:15pm-5:15pm North Grove			
4:30 PM			Aerial Yoga Amber 4:30pm-5:30pm Beach near Pickleball Courts	
4:45 PM				
5:00 PM				
5:15 PM	Break			
5:30 PM		UV Body Painting Come Paint Yourself or Friends 5:30pm-6:45pm Meadow across from Rec Hall	Break	
5:45 PM				
6:00 PM				
6:15 PM				
6:30 PM				
6:45 PM		Break		
7:00 PM		Glow Dance Party 7pm-11pm Rec Hall	Talent show 7pm-8pm North Grove Stage	
7:15 PM				
7:30 PM				
7:45 PM				
8:00 PM	Latin Dance Lesson & Social Dance 8pm- 11:30pm Butt Hutt Indoor Deck		Break	
8:15 PM				
8:30 PM			Drum Circle 8:30pm-11pm North Grove	
8:45 PM				
9:00 PM				
9:15 PM				
9:30 PM				
9:45 PM				
10:00 PM				
10:15 PM				
10:30 PM				
10:45 PM				
11:00 PM				
11:15 PM				
11:30 PM				
11:45 PM				

Amenity Hours				
Sauna	24 hours			
Hot Tub	24 hours			
Pool	24 hours			
Bare Bun Cafe	Fri: 11:30am-8pm	Sat: 9am-9pm	Sun: 9am-8pm	Mon: Closed (food truck available for dinner)
Butt Hutt Bar	Fri-Mon: Opens 4pm	Sat-Sun: Opens 1pm Closing times vary		
Rec Hall	24 hours			
Gym	24 hours			