

Virtual Retreat Fall 2022 P29				
MASTER SCHEDULE	Pre-Recorded (Livestream)	Live (Livestream)	Small Group Zoom	RevX Zoom
	Staffing	BIG Zoom Room	Housekeeping	Meals

Alisa AK	Lisa LG	Torie TB	(Bobbi) - Fri + Wrap	(Simon?)
Tracy TE	Aaron AB *own car	Amia AF	(Renee) Wrap	(Nick)
Matt MG	Dawn DM	Kara KO	(Cindy)	(Nick Asst?)
Crystal CV	Angenette AL	Michelle Brumgard MB		
Heather HJ	Lacee LK			
Kim Todd KT	Tammy TL* own car/room			

HQ: 10818 N 32nd St Phoenix	108. 0HQ1
Hotel: Embassy Suites Biltmore	2630 E Camelback Rd PHX 85016

Room 1	Matt	Aaron	
Room 2	Tracy	Angenette	
Room 3	Dawn	Crystal	
Room 4	Kim	Michelle	
Room 5	Kara	Torie	
Room 6	Lacee	Amia	
Room 7	Heather	Lisa	
King - Exec Suite	Alisa		

Embassy Suites Biltmore

2630 E. Camelback Rd	Confirmation #: #82202776
Phoenix, AZ 85016	

NOTES:

GF - Alisa, Crystal, Angenette, Michelle, Bri (~~also no soy sauce/oil~~)

Michelle - camping with family prior. Arriving Tues to HQ. Leaving Sat evening.

Kim - staying after R2H so no arrival flight

Sara - no. fall break.
Savannah - no. gathering
Bri - no. moving to CT

Monday Oct. 17

Tuesday, Oct 18 - Dress Rehearsal		Title	Format	Notes	Who	Slide	Vimeo Link:
EASTERN Time	LOCAL AZ Time						
	Morning	Run errands?					
	11:00	Nick, Aaron, Crystal, and Dawn arrive			Nick, AB, CV, DM		https://livestream.com/revelationwellness/p29dress
	11:30	Salads/Wraps	True Foods Catering				
	2:00	Alisa to arrive to soundcheck			AK		
	2:30	All Staff to HQ			ALL		
	2:35	DAILY INTENTION & PRAYER			MG		
	2:45	High Level Overview Meeting			DM		
6:00	3:00	**Dress Rehearsal**					
	6:30	Protein House - EZ Cater	Delivery to Hotel				

Wednesday, Oct 19 - DAY 1		Title	Format	Notes	Who	Slide	Vimeo Link:
EASTERN Time	LOCAL AZ Time						
	11:20	ALL Staff Arrive at HQ		**Order Flower Child for Dinner.			
	11:25	DAILY INTENTION & PRAYER			HJ		
	11:30	Lunch - Chipotle Catering	Chipotle	4622 E Cactus Rd Phoenix 1 800 CHIPOTLE			
4:00 - 4:20	1:00 - 1:20	Virtual Welcome	Big Zoom	Envelope 1	AK + All	Alisa's zoom login: alisa@revelationwellness.org 4Freedom	https://vimeo.com/756614022
4:20 - 4:30	1:20 - 1:30	Right / Left Activity	Big Zoom		AK + MG		
4:30 - 5:15	1:30 - 2:15	RW Story	Big Zoom		AK		
5:15 - 5:25	2:15 - 2:25	Worship Playlist + Reflection Questions	Pre-recorded				
5:25 - 5:30	2:25 - 2:30	Break					
5:30 - 6:10	2:30 - 3:10	Bible Study	Live	Original Design	AK		
6:10 - 6:35	3:10 - 3:35	Small Groups	SG Zoom	BS Questions			
6:40 - 7:40	3:40 - 4:40	Resistance Training/Circuits	Pre-recorded		(Tammy)		https://vimeo.com/520469483
6:40 - 7:40	3:40 - 4:40	Resistance Training/Circuits	Pre-recorded	** only 46 minutes	(Savannah + Bri)		https://vimeo.com/637715345
6:45 - 7:15	3:45 - 4:15	Staff Prayer Time					
7:40 - 7:55	4:40 - 4:55	FUEL BREAK					
7:55 - 8:45	4:55 - 5:45	Fun Factor	Live		HJ, TB, KO, AF, MG		
8:45 - 9:00	5:45 - 6:00	BREAK					
9:00 - 9:25	6:00 - 6:25	Dysfunction	Pre-recorded	25 min	(Sara)		https://vimeo.com/690354624
9:25 - 10:00	6:25 - 7:00	Healing	Live		AK		
	7:30	Dinner - Flower Child	Delivered to Hotel	10460 N 90th St, Scottsdale, AZ 85258. (480) 240-4400			

Thursday, Oct 20 - DAY 2		Title	Format	Notes	Who	Slide	Vimeo Link:
EASTERN Time	LOCAL AZ Time						
	6:15	Staff Arrive at HQ					
	6:20	DAILY INTENTION & PRAYER			MB		
	6:40	Set stage					
10:00 - 11:00	7:00 - 8:00	Morning Workout	Live		AK, TL, TB		
11:00 - 11:15	8:00 - 8:15	BREAK					
11:15 - 12:05	8:15 - 9:05	Bible Study	Pre-Recorded	Sin/ Injustice	(Kara)		https://vimeo.com/event/2016871
12:05 - 12:15	9:05 - 9:15	Worship Playlist + Bible Study Questions					
12:15 - 12:30	9:15 - 9:30	FUEL BREAK					
12:15 - 1:15	9:15 - 10:15	RENEE					
12:30 - 2:00	9:30 - 11:00	Testimonies with Small Group	SG Zoom	Envelope #2 (Scripture Art)			
	11:15	LUNCH	Sala Thai				
2:00 - 2:15	11:00 - 11:15	BREAK					
2:15 - 2:54	11:15 - 11:54	Rev on the Mat	Pre-recorded	39 min		Yes, EDITED>>>	https://vimeo.com/690359391
2:54 - 3:10	11:54 - 12:10	BREAK					
3:10 - 3:30	12:10 - 12:30	Fun with the Staff	Live		AK, MG, TB, AF, LK		
3:30 - 3:40	12:30 - 12:40	BREAK					
3:40 - 4:25	12:40 - 1:25	Rev Fit Warm up / Cardio	RevFit Zoom	2,4,6, 8 count moves	AK		RECORD REMINDER!
*3:55 - 4:25	12:55 - 1:25	Warm Up / Cardio for Rev X	RevX Zoom	*only 28 minutes. Break until 3:55	(TB, SD, BJ) - BJ Zoom		https://vimeo.com/637684876
4:25 - 4:55	1:25 - 1:55	Practice with SG	SG Zoom	10 min to work on moves. 20 min to practice within own small groups			
4:55 - 5:15	1:55 - 2:15	Cardio Finale (BOTH RevFit and RevX)	BIG Zoom	Both RevFit and RevX Spotlight in BIG Zoom Room	ALL		
5:15 - 5:45	2:15 - 2:45	Small Group Debrief	SG Zoom				
	5:30	Dinner @ True Foods					

Friday, Oct 21 - DAY 3		Title	Format	Notes	Who	Slide	Tech Link:
EASTERN Time	LOCAL AZ Time						
	7:45	ALL Staff Arrive at HQ					
	7:50	DAILY INTENTION & PRAYER			TE		
	8:10	Sign in to Zoom Rooms					
11:30 - 11:55	8:30 - 8:55	Meet Your Region	Regional Zoom with Breakout Rooms	STAFF go to their Regions as well.			https://us06web.zoom.us/j/89521122738?pwd=aGVqRWhubW1taUcwMTd4Vzhtd3h5QT09
12:00 - 12:25	9:00 - 9:25	Be Still & Be Loved	Live		AK		
12:25 - 12:35	9:25 - 9:35	BREAK					
12:35 - 1:30	9:35 - 10:30	Workout	Live		KO, AF, AK		
12:35 - 1:27	9:35 - 10:27	Rev X Workout #1	RevX Zoom (pre-recorded)	52 minutes	(Torie)		https://vimeo.com/637686402
1:30 - 1:45	10:30 - 10:45	BREAK					
1:45 - 2:15	10:45 - 11:15	Small Groups	SG Zoom	Discuss Student teaching + Answer What Does Jesus Have to do with my Fitness? + War Paint sharing			
2:15 - 3:15	11:15 - 12:15	STAFF Testimony Time with SG leaders & staff					
2:15 - 3:21	11:15 - 12:21	Restoring & Reclaiming Body Image	Pre-recorded		(Rachael Gilbert)	YES >> NEW	https://vimeo.com/747059111
	(12:15)	Lunch - Pita Jungle	EZ Cater	5505 N 7th St Suite 110, Phoenix, AZ 85014. (602) 277-7482			
3:21 - 3:45	12:21 - 12:45	FUEL BREAK					
3:45 - 4:08	12:45 - 1:08	Experiential	Pre-recorded	Envelope #3 (balloon)	(Heather)		https://vimeo.com/473582619
4:08 - 4:15	1:08 - 1:15	BREAK					
4:15 - 5:15	1:15 - 2:15	Bible Study - Forgiveness	Live		AK		
5:15 - 5:21	2:15 - 2:21	Song: So Will I					
5:21 - 5:30	2:21 - 2:30	Solo, Quiet Reflection					
5:30 - 5:45	2:30 - 2:45	Communion & Worship Playlist	(bookmark & communion)	Envelope #4A bookmark #4B communion			
5:45 - 6:00	2:45 - 3:00	Optional Prayer Time	SG Zoom				
	5:00	Dinner - See Tab	Pizza Delivery	Venezia's 15620 N Tatum Blvd Suite 100 85032 602-787 - 4444 - ORDER BY PHONE			

Saturday, Oct 22 - DAY 4		Title	Format	Notes	Who	Slide	Vimeo Link:
EASTERN Time	LOCAL AZ Time						
*** Wear Donor Shirts (or black shirts)							
10:00 - 10:46	7:00 - 7:46	Pre Recorded Rev Fit Rev X Mash Up	Pre-recorded	drumsticks, jump rope, med ball, light and medium dumbbells	(TL, TB, ST, JD)		https://vimeo.com/690356576
	7:15	Staff Arrive at HQ*		*Arrival option DURING pre-recorded workout.			
	7:30	DAILY INTENTION & PRAYER			LK		
10:46 - 11:00	7:46 - 8:00	BREAK					
11:00 - 11:10	8:00 - 8:10	Discussion w/ Alisa	Live		AK		**PLUS FRAN's 4-min Video: https://vimeo.com/756529499
	8:00	Breakfast - Chop Shop	2 breakfast bowls	4503 N 32nd St, Phoenix, AZ 85016. (480) 565-4358			
11:10 - 12:00	8:10 - 9:00	Instructor Resources (Marketing)	Pre-recorded		(Fran)		New Video: https://vimeo.com/755822247
12:00 - 12:15	9:00 - 9:15	Live Q+A	Live		AK, TL, HJ, AF, TB		
	9:20 - 10:20	RENEE					
12:15 - 1:00	9:15 - 10:00	Bible Study - Authority	Pre-recorded	45 min	(Wes)		https://vimeo.com/690117945
1:00 - 1:15	10:00 - 10:15	Worship Playlist + Bible Study Questions					
	10:30 - 10:50	Lunch / Snack - Leftover Food / Snacks					
1:15 - 2:00	10:15 - 11:00	Small Group - Original Design	SG Zoom				
2:00 - 2:10	11:00 - 11:10	BREAK					
2:10 - 2:55	11:10 - 11:55	Ambassadors / Love Others / Donor	Live	Ambassador video = 14:18	AK, LK (Donor Talking Points)		https://vimeo.com/752274674
2:55 - 3:15	11:55 - 12:15	Next Steps	Live	bridge to RC's, regions and launch	HJ		
3:15 - 3:20	12:15 - 12:20	Fire & Water	Live		HJ		
3:20 - 3:25	12:20 - 12:25	Break					
3:25 - 3:55	12:25 - 12:55	Rev on the Mat	Live		AK + KO		Talking Point - know you're tired... let's stretch it out and have one more time to be intimate with the Lord.
3:55 - 4:00	12:55 - 1:00	Break					
4:00 - 4:15	1:00 - 1:15	Pinata & Celebration	Live	Envelope #5 blinky rings, candy	AF + CV + ALL		Talking Point - This is it. Last time to celebrate!
4:15 - 4:30	1:15 - 1:30	Final Benediction/ Graduation	Live	Envelope #6 Laughing Jesus	AK		https://vimeo.com/756614022
4:30 - 4:45	1:30 - 1:45	Final Small Group Time	SG Zoom				
	3:30 - 5:30	Wrap Party	Phoenix City Grill	5816 N 16th St	602-510-7174		