

	Balance For Life Retreat Weekly Class Schedule							
Time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
7:00 AM	Morning Walk Meet in Lobby	Morning Walk Meet in Lobby	Morning Walk Meet in Lobby	Morning Walk Meet in Lobby	Morning Walk Meet in Lobby	Morning Walk Meet in Lobby	Morning Walk Meet in Lobby	
8:15 AM	BREAKFAST Patio Bar	BREAKFAST Patio Bar	BREAKFAST Patio Bar	BREAKFAST Patio Bar	BREAKFAST Patio Bar	BREAKFAST Patio Bar	BREAKFAST Patio Bar	
9:00 AM	Aqua Fit Or Solo in Gym	Aqua Fit Or Solo in Gym	Aqua Fit Or Solo in Gym	Aqua Fit Or Solo in Gym	Aqua Fit Or Solo in Gym	Aqua Fit Or Solo in Gym	Aqua Fit Or Solo in Gym	
10:15 AM	Low Impact Aerobics	Body Sculpting	Pilates (mat)	Low Impact Aerobics	Body Sculpting	Pilates (mat)	Low Impact Aerobics	
11:15 AM	Free Time	Health Lecture	Health Lecture	Health Lecture	Health Lecture	Health Lecture	Free Time	
12:30 PM	LUNCH Café Med	LUNCH Café Med	LUNCH Café Med	LUNCH Café Med	LUNCH Café Med	LUNCH Café Med	LUNCH Café Med	
2:00 PM	Beach Walk, ocean time, solo in gym	Beach Walk, ocean time, solo in gym	Resistance Training in Gym	Beach Walk, ocean time, solo in gym	Resistance Training in Gym	Shop Smart Field Trip to Supermarket	Beach Walk, ocean time, solo in gym	
3:00 PM	Gentle Body Sculpting	Low Impact Aerobics	Tai Chi, Qi Gong Longevity Breathing	SOS Recipes Plant Based Food Prep	Tai Chi, Qi Gong Longevity Breathing	Shop Smart Field Trip to Supermarket	Body Sculpting	
4:00 PM	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	
5:30 PM	DINNER Private Dining Room Café Med	DINNER Private Dining Room Café Med	DINNER Private Dining Room Café Med	DINNER Private Dining Room Café Med	DINNER Private Dining Room Café Med	DINNER Private Dining Room Café Med	DINNER Private Dining Room Café Med	
7:00 PM	*Stay Tuned for possible Guest Speaker or Movie	*Stay Tuned for possible Guest Speaker or Movie	*Stay Tuned for possible Guest Speaker or Movie	*Stay Tuned for possible Guest Speaker or Movie	*Stay Tuned for possible Guest Speaker or Movie	*Stay Tuned for possible Guest Speaker or Movie	*Stay Tuned for possible Guest Speaker or Movie	

*Every morning at breakfast you will be notified **IF** there will be a Special Guest Wellness Lecture or movie in the evening at 7:00 pm.

