

| | 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.