	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	Enjoy the Beach, Spa Treatments, or Personal Training	Enjoy the Beach, Spa Treatments, or Personal Training	Enjoy the Beach, Spa Treatments, or Personal Training	Enjoy the Beach, Spa Treatments, or Personal Training	Enjoy the Beach, Spa Treatments, or Personal Training	Shop Smart Field Trip to Supermarket	Enjoy the Beach, Spa Treatments, or Personal Training
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	Enjoy a Spa Treatment or an evening stroll along the Beach	Enjoy a Spa Treatment or an evening stroll along the Beach	Enjoy a Spa Treatment or an evening stroll along the Beach	Enjoy a Spa Treatment or an evening stroll along the Beach	Enjoy a Spa Treatment or an evening stroll along the Beach	Enjoy a Spa Treatment or an evening stroll along the Beach	Enjoy a Spa Treatment or an evening stroll along the Beach