

Daily Schedule

Week: 10/09/2023

Start Time: 07:00:00

	Sun	Mon	Tues	Wed	Thurs	Fri
07:00:00		RISE & SHINE, TEA TIME, CHATS & TUNES	RISE & SHINE, TEA TIME, CHATS & TUNES	RISE & SHINE, TEA TIME, CHATS & TUNES	RISE & SHINE, TEA TIME, CHATS & TUNES	RISE & SHINE, TEA TIME, CHATS & TUNES
07:30:00		Stretch / Morning Yoga	Stretch / Morning Yoga	Stretch / Morning Yoga	Stretch / Morning Yoga	Stretch / Morning Yoga
08:30:00		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10:00:00		Morning walk	Morning walk	Morning walk	Morning walk	Morning walk
12:30:00		TEAM GAMES & FITNESS TRAINING	Art	Menopause Talk & Breathwork	TEAM GAMES & FITNESS TRAINING	End of retreat focus group
12:30:00		LUNCH & POOL TIME	LUNCH & POOL TIME	LUNCH & POOL TIME	LUNCH & POOL TIME	
14:00:00	Arrival/ Intro / weigh in /Goals	Focus group /Mindfulness	EFT / Mindfulness	Forest Bathing	EFT / Mindfulness	Departure Time
15:00:00	Intro / weigh in /Goals	BODY CONDITIONING	PILATES	Forest Bathing	BARRE	
15:30:00	Afternoon walk	BODY CONDITIONING	PILATES	Forest Bathing	BARRE	
16:00:00	Afternoon walk	BODY CONDITIONING	PILATES	Forest Bathing	BARRE	
16:30:00	Afternoon walk		Cookery Demo & treat	Team Games & Fitness	Own Time	
18:00:00	DINNER	DINNER	DINNER	DINNER	DINNER	
19:30:00	Evening Yoga	evening yoga	evening yoga	evening yoga	Sound Healing	
20:30:00	HEALTHY MOVIE / FREE TIME	HEALTHY MOVIE / FREE TIME	HEALTHY MOVIE / FREE TIME	HEALTHY MOVIE / FREE TIME	Sound Healing	