

| TIME  | SUNDAY  | MONDAY        | TUESDAY       | WEDNESDAY     | THURSDAY               | FRIDAY        | SATURDAY             |
|-------|---|---------------|---------------|---------------|------------------------|---------------|----------------------|
| 06:00 | AIRPORT<br>PICK-UPS<br>AND<br>TRANSPORTA<br>TION TO THE<br>SURF HOUSE | WAKE UP CALL  | WAKE UP CALL  | WAKE UP CALL  | WAKE UP CALL           | WAKE UP CALL  | FREE<br>MORNING      |
| 06:30 |   | GROUP STRETCH | GROUP STRETCH | GROUP STRETCH | GROUP STRETCH          | GROUP STRETCH |                      |
| 7:00  |   | SURF          | SURF          | SURF          | SURF                   | SURF          |                      |
| 09:00 |   | BREAKFAST     | BREAKFAST     | BREAKFAST     | BREAKFAST              | BREAKFAST     | BREAKFAST            |
| 12:00 |   | WARM-UP       | WARM-UP       | WARM-UP       | WARM-UP                | WARM-UP       | AIRPORT<br>DROP-OFFS |
| 12:30 |   | SURF          | SURF          | SURF          | SURF                   | SURF          |                      |
| 2:00  |   | LUNCH         | LUNCH         | LUNCH         | LUNCH                  | LUNCH         |                      |
| 6:00  |   | VIDEO REVIEW  | MASSAGE       | VIDEO REVIEW  | WATERFALL<br>EXCURSION | VIDEO REVIEW  |                      |
| 7:00  | DINER   | DINER         | DINER         | DINER         | DINER                  | DINER         |                      |



**\*Schedule subject to  
changes based on surf  
conditions**