

	Friday	Saturday	Sunday
06:00 - 06:30			06:00 - 06:30
06:30 - 07:00		06:45 Wake-Up Call	06:30 - 07:00
07:00 - 07:30			07:00 - 07:30
07:30 - 08:00		Walk	07:30 - 08:00
08:00 - 08:30			08:00 - 08:30
08:30 - 09:00		Breakfast	08:30 - 09:00
09:00 - 09:30			09:00 - 09:30
09:30 - 10:00		Beach Blitz	Breakfast
10:00 - 10:30			ESPA Workshop
10:30 - 11:00		Smoothie Snack	10:00 - 10:30
11:00 - 11:30		Fitball Class	10:30 - 11:00
11:30 - 12:00			Sequoia Time
12:00 - 12:30		Lunch	11:00 - 11:30
12:30 - 13:00			Checkout
13:00 - 13:30		Mountain Biking	12:00 - 12:30
13:30 - 14:00			Me-Time
14:00 - 14:30		Stretch & Relax	13:00 - 13:30
14:30 - 15:00			13:30 - 14:00
15:00 - 15:30	Arrive and Check-In		14:00 - 14:30
15:30 - 16:00	Sequoia Tour & Trainer Introductions	Hydro Time	14:30 - 15:00
16:00 - 16:30	Me-Time		15:00 - 15:30
16:30 - 17:00		Spa Treatment	15:30 - 16:00
17:00 - 17:30	Hatha Yoga		16:00 - 16:30
17:30 - 18:00	Hydro Time	Me-Time	16:30 - 17:00
18:00 - 18:30			17:00 - 17:30
18:30 - 19:00			17:30 - 18:00
19:00 - 19:30	Me-Time		18:00 - 18:30
19:30 - 20:00			18:30 - 19:00
20:00 - 20:30	Dinner	Dinner	19:00 - 19:30
23:00 - 21:00			19:30 - 20:00
			20:00 - 20:30
			23:00 - 21:00