

TUSCAN REVIVAL
MAY 8-12

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	<div>08:00 GROUP WORKOUT</div> <div>10:00 BREAKFAST</div> <div>11:0012:0013:00<div>OPEN PT / FREE TIME / WORKSHOPS</div></div> <div>13:30 LUNCH</div> <div>15:0016:0017:0018:00<div>OPEN PT / FREE TIME</div></div> <div>18:30 GROUP WORKOUT</div> <div>20:30 DINNER</div>	<div>07:00 GROUP WORKOUT</div> <div>09:00 BREAKFAST</div> <div>11:0012:0013:00<div>OPEN PT / FREE TIME / WORKSHOPS</div></div> <div>13:30 LUNCH</div> <div>15:0016:0017:0018:00<div>OPEN PT / FREE TIME</div></div> <div>18:30 GROUP WORKOUT</div> <div>20:30 DINNER</div>	<div>08:00 GROUP WORKOUT</div> <div>10:00 BREAKFAST</div> <div>11:0012:0013:00<div>OPEN PT / FREE TIME / WORKSHOPS</div></div> <div>13:30 LUNCH</div> <div>15:0016:0017:0018:00<div>OPEN PT / FREE TIME</div></div> <div>18:30 GROUP WORKOUT</div> <div>20:00 APERITIVO</div> <div>21:00 GOODBYE DINNER</div>	<div>07:00 OPTIONAL GROUP WORKOUT</div> <div>09:00 BREAKFAST</div> <div>10:00 CHECK-OUT</div>

OPEN PT REFERS TO ONE ON ONE PERSONAL TRAINING TIME. OPEN PT SLOTS ARE UNLIMITED AND INCLUDED IN THE RETREAT, BUT ARE OPTIONAL AND MAY BE BOOKED PRIOR TO ARRIVAL.

DIFFERENT **WORKSHOPS** WILL BE OFFERED THROUGHOUT THE COURSE OF THE RETREAT. WE WILL SEND YOU INFORMATION ON THEM PRIOR TO THE RETREAT AND WILL MAKE ARRANGEMENTS FOR YOU TO PARTICIPATE.