



SAMPLE RETREAT SCHEDULE

7:30 AM - 8:30 AM	Morning Run
8:30 AM - 9:00 AM	Bootcamp
9:00 AM - 10:00 AM	Breakfast/Shower
10:00 AM - 11:00 AM	Speaker
11:00 AM - 4:00 PM	Day on the town (lunch, shopping, winery, movie, R&R)
5:00 PM - 6:00PM	Run/Yoga
6:00 PM - 7:00 PM	Shower
7:00 PM - 8:00 PM	Dinner and Speaker
8:00 PM - 9:00 PM	Activity
9:00 PM - 11:00 PM	Social Hour

All items are subject to change.

Speaker Topics and Activities are being arranged based on the interests shown in our pre-event survey and will be finalized in early October based on participant numbers.

COME JOIN US FOR AN ALL-INCLUSIVE WEEKEND OF
FITNESS, FUN & FRIENDSHIP

