



# Schedule

Below is an example of how a typical schedule might look during the week. Please note this is only a tentative schedule and is subject to change depending on weather, time of year, location or at our own discretion.

We highly recommend that you stick to the schedule and attend all the events so that you get the most out of your escape. However, if you would like to venture out on your own and explore some other options this is completely at your discretion. Keep in mind that you will be responsible for the expenses of extracurricular activities that are not on the schedule.

TIME	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7:00 am		Training Session (Setting the Standards)	Training Session (Energy Circuit)	Morning meditation, movement and breath work	Training Session (Lower Body Strength)	Training Session (Design your Session)	Obstacle course challenge
8:30 am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 am		11:00 am Workshop - Movement	11:00 am Workshop - Fuel	11:00 am Workshop - Recovery	11:00 am Workshop - Mind	Relaxation Recovery Time	Closing Meeting
12:30 am		DiLight Lunch	DiLight Lunch	DiLight Lunch	DiLight Lunch	DiLight Lunch	Check out 12pm
2:00 pm	Check-in	1:30 - 4:00 Individual movement screenings	Relaxation Recovery Time	Wake board park, rock climbing	Relaxation Recovery Time	Beach Excursion - Island Vibes	
4:00 pm	Meet and greet training session	Training session (Upper body Strength)		Beach Club	Training Session (Muay Thai)		
5:00 pm			5:30 - Yoga		5:30 - Yoga		
6:00 pm	Welcome Meeting						
7:00 pm	DiVine Dinner	Restaurant Dinner	DiVine Dinner	Beach club Dinner	DiVine Dinner	Restaurant Dinner	