Weekly Schedule

Mountain Trek
Find Vitality.

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00am Wake Up	**6:00am** Wake Up	**6:00am** Wake Up	**6:00am** Wake Up	**6:00am** Wake Up	**6:00am** Wake Up	**5:30am** Wake Up
	6:30 Yoga & Weigh-in	**6:30** Yoga	**6:30** Yoga	**6:30** Yoga	**6:30** Yoga	**6:30** Yoga	**6:30** Yoga
	8:00 Breakfast	**7:30** Breakfast	**7:30** Breakfast	**7:30** Breakfast	**7:30** Breakfast	**7:30** Breakfast	**7:30** Breakfast
	8:30 Fitness Knowledge Class **9:30** Foot care	**8:00** Metabolism & Detoxification Class	**8:00** Nutrition Class	**8:00** Midweek check-in **9:30** Sleep Health Class	**8:00** Program Integration Class	**8:00** Habit & Willpower Class	**7:30-11:00** Departure
	10:00 Hiking day (lunch on trail)	**9:30 Hiking day (lunch on trail)**	**9:30 Hiking day (lunch on trail)**	**10:30 Hiking day (lunch on trail)**	**9:30 Hiking day (lunch on trail)**	**9:30 Hiking day (lunch on trail)**	
3:00-5:00 Arrive at lodge	**3:30** Lodge Rest & Relaxation	**3:30** Lodge Rest & Relaxation	**3:30** Lodge Rest & Relaxation	**4:00** Stress Management Class	**3:30** Lodge Rest & Relaxation	**3:30** Lodge Rest & Relaxation	
5:15 Dinner	**5:15** Dinner	**5:15** Dinner	**5:15** Dinner	**5:15** Dinner	**5:15** Dinner	**5:15** Dinner	
6:00 Orientation	**6:00** Exercise Class	**6:00** Exercise Class	**6:00** Exercise Class	**6:00** Exercise Class	**6:00** Exercise Class	**6:00** Exercise Class	
7:30 Lodge Rest & Relaxation	**7:00-10:00** Massages	**7:00-10:00** Massages	**7:00-10:00** Massages	**7:00-10:00** Massages	**7:00-10:00** Massages	**7:00-10:00** Massages	