

YOUR SAMPLE SCHEDULE ON THE RANCH

	ARRIVAL	DAY 1	DAY 2	DAY 3	DAY 4	
7 AM						7 AM
7:30						7:30
8 AM		MORNING HIKE	MORNING HIKE	MORNING HIKE	MORNING HIKE	8 AM
8:30						8:30
9 AM		LONGEVITY THROUGH THE MEDICAL LENS	ENDURANCE ZONE 2 & YOU CLE Saguaro		EXPERT PANEL CLE Saguaro	9 AM
9:30		Living Room		RESORT ACTIVITIES		9:30
10 AM	TRAVEL DAY	CR VITALITY TOUR	DIAGNOSTICS & CONSULTATIONS		CONSULTATIONS & FOLLOW-UPS	10 AM
10:30						10:30
11 AM		CR STRENGTH Studio 3		GYROKENESIS Yoga Studio		11 AM
11:30						11:30
12 PM		LUNCH AT LEISURE	LUNCH AT LEISURE	LUNCH AT LEISURE	CLOSING CIRCLE WITH LUNCH CLE Acacia	12 PM
12:30						12:30
1 PM			ZONE 2 CYCLING Cycling Studio	NOURISHING LONGEVITY FOOD FOR A HEALTHY LIFESPAN CLE Saguaro		1 PM
1:30						1:30
2 PM		DIAGNOSTICS & CONSULTATIONS	DIAGNOSTICS & CONSULTATIONS		ZONE 2 CYCLING Cycling Studio	2 PM
2:30						2:30
3 PM	WELCOME ORIENTATION CLE Living Room			DIAGNOSTICS & CONSULTATIONS		3 PM
3:30						3:30
4 PM	SCHEDULE OVERVIEW CLE Living Room					4 PM
4:30						4:30
5 PM			FREE TIME		TRAVEL DAY LATE CHECK-OUT	5 PM
5:30		FREE TIME		SOOTHE YOUR CENTRAL NERVOUS SYSTEM CLE Saguaro		5:30
6 PM						6 PM
6:30	LONGEVITY8 GROUP WELCOME DINNER	DINNER	GROUP DINNER	GROUP DINNER		6:30
7 PM	CLE Acacia Dining Room		CLE Acacia Dining Room	CLE Acacia Dining Room		7 PM
7:30						7:30
8 PM						8 PM