

THURS | SEPT 18

FRI | SEPT 19

SAT | SEPT 20

SUN | SEPT 21

8 AM				8 AM
8:30				8:30
9 AM				9 AM
9:30				9:30
10 AM				10 AM
10:30				10:30
11 AM	Arrive at Canyon Ranch Lenox	10 - 10:45 a.m. Fit with Coco Strength Class	10 - 11 a.m. Labyrinth Walk	10:30
11:30			11 - 11:45 a.m. Punch	11 AM
12 PM				11:30
12:30		Noon - 1:30 p.m. Group Lunch & Learn with Chef Pete & Nutrition Director Eric Williamson		12 PM
1 PM				12:30
1:30			Time for Lunch + Services at Leisure	1 PM
2 PM				1:30
2:30	2 - 3:30 p.m. Welcome Reception: Mocktails, Mingle / Intention Setting	2 - 2:25 p.m. Line Dancing		2 PM
3 PM				2:30
3:30			3:00 - 3:45 PM Pilates x Strength with Fit with Coco	3 PM
4 PM				3:30
4:30	4 - 4:45 p.m. Low Impact Cardio x Strength with Fit with Coco			4 PM
5 PM		Time for Dinner + Services at Leisure		4:30
5:30			4:30 - 6:00 p.m. Mocktails + Masterpieces	5 PM
6 PM	5:30 - 7:30 p.m. Group Welcome Dinner with Chef Pete Ghione			5:30
6:30				6 PM
7 PM				6:30
7:30		7:00 - 7:45 pm DJ Glow in the Dark Yoga	6 - 8 p.m. Group Dinner with Chef Pete Ghione	7 PM
8 PM	7:30 - 8:30 pm Fireside Chat with Coco			7:30
8:30				8 PM
				8:30

■ Fit With Coco ■ Group Activities ■ Presentation