

Leading Women

A Sutton Foster Retreat

CANYON RANCH®

LENOX

SCHEDULE OF ACTIVITIES

	MON JAN 26	TUES JAN 27	WED JAN 28	THURS JAN 29		
7 AM	Arrive at Canyon Ranch Lenox Time for Activities, and Services for Early Arrivals				7 AM	
7:30					7:30	
8 AM			7:30 - 8:30 a.m. Morning Exploration w/ ODS <i>Spa Lobby</i>	7:30 - 8:30 a.m. Morning Exploration w/ ODS <i>Spa Lobby</i>	7:30 - 8:30 a.m. Morning Exploration w/ ODS <i>Spa Lobby</i>	8 AM
8:30			8:30 - 9:30 a.m. Breakfast Chat <i>Culinary Rebel</i>	8:30 - 9:30 a.m. Breakfast Chat <i>Culinary Rebel</i>	8:30 - 9:30 a.m. Breakfast Chat <i>Culinary Rebel</i>	8:30
9 AM						9 AM
9:30			9:30 - 11:00 a.m. Dance Cardio Strength + Sound with The Limit <i>Gym 1</i>	9:30 - 11:00 a.m. Dance Cardio + Tone with The Limit <i>Gym 1</i>	9:30 - 11:00 a.m. Cardio + Tone with The Limit <i>Gym 1</i>	9:30
10 AM						10 AM
10:30						10:30
11 AM					11:00 a.m. - Noon Closing Circle with Desi & Sutton <i>TBD</i>	11 AM
11:30						11:30
12 PM					12 PM	
12:30					12:30	
1 PM				HEALTH & PERFORMANCE Provider's hours vary.	1 PM	
1:30				HEALTH & PERFORMANCE DESK: 8 am – 5 pm	1:30	
2 PM		1:30 - 4:00 p.m. Group Hike <i>Spa Lobby</i>		SPA 6:30 am – 9 pm	2 PM	
2:30				CR SHOPS™ 9 am – 5 pm	2:30	
3 PM	3:00 - 4:00 p.m. Property Tour & Orientation <i>Hotel Pavilion</i>			SILVERLEAF™	3 PM	
3:30				BREAKFAST: 7 am – 10 am LUNCH: 11:30 am – 2pm DINNER: 5 pm – 8:30 pm (reservation required)	3:30	
4 PM	4:00 - 5:00 p.m. Opening Circle + Intention setting with Sutton & Desi <i>Berkshire Room</i>	4:30 - 5:30 p.m. Words in Stone <i>Berkshire Room</i>	3:30 - 5:30 p.m. Soul in the Spotlight: A Ritual of Empowerment With Desi Valentine <i>Yoga Studio</i>		4 PM	
4:30				CULINARY REBEL™	4:30	
5 PM				SNACKS & LIGHT FARE: Daily 6:30a – 5p LUNCH: Tue – Sun 11:30a – 2p DINNER: Tue – Sat 4:30p – 8p	5 PM	
5:30	5:30 - 7:00 p.m. Group Welcome Dinner <i>Demo Kitchen</i>	5:30 - 7:00 p.m. Group Dinner <i>Demo Kitchen</i>	5:30 - 7:00 p.m. Group Dinner <i>Culinary Rebel - Solarium</i>	Room Check-out: 12:00 pm	5:30	
6 PM					6 PM	
6:30					6:30	
7 PM	7:00 - 8:30 p.m. Game Night <i>Sargent Brook Lounge</i>	7:00 - 8:30 p.m. Musical Theater Bingo <i>Sargent Brook Lounge</i>	7:00 - 8:30 p.m. Evening Circle <i>Sargent Brook Lounge</i>		7 PM	
7:30					7:30	
8 PM					8 PM	
8:30					8:30	
9 PM			Fire ceremony		9 PM	

Social Activities
 Fitness & Outdoor Sports
 Presentation
 Group Meals