

RANCH SCHEDULE - SAMPLE
JANUARY - MARCH 2026



MONDAY

January - March 2026

▲ SIGN UP REQUIRED

7:00 AM MORNING WALK 30 min. / 45 min.	Spa Lobby	NOON LUNCH & LEARN 60 min.	Demo Kitchen
7:30 AM HIKE: LEVEL 4 ▲ 4 hr. 30 min.	Outdoor Sports Lobby	YOGA/FITNESS/MOVEMENT 20 min.	Yoga Studio
7:45 AM HIKE: LEVEL 3 ▲ 4 hr. 45 min.	Outdoor Sports Lobby	1:00 PM SPIRITUAL WELLNESS PRESENTATION 50 min.	CME Sanctuary
BIKE RIDE: LEVEL 4 ▲ 4 hr.	Outdoor Sports Lobby	1:30 PM OUTDOOR SPORTS WORKSHOP ▲ 3 hr. \$220	Outdoor Sports Lobby
8:00 AM PICKLEBALL CLINIC ▲ 50 min. \$80	Pickleball Court 1	2:00 PM YOGA/FITNESS/MOVEMENT 45 min.	Studio 2
HIKE: LEVEL 2 ▲ 2 hr.	Outdoor Sports Lobby	YOGA/FITNESS/MOVEMENT 45 min.	T-Pool
FITNESS CLINIC ▲ 50 min. \$80	Studio 3	YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio
8:15 AM YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	HANDS-ON COOKING ▲ 1 hr. \$125	Demo Kitchen
8:45 AM HIKE: LEVEL 2 ▲ 5 hr.	Outdoor Sports Lobby	3:00 PM YOGA/FITNESS/MOVEMENT 45 min.	Studio 3
9:00 AM YOGA/FITNESS/MOVEMENT 45 min.	Studio 1	YOGA/FITNESS/MOVEMENT 45 min.	Studio 2
YOGA/FITNESS/MOVEMENT 45 min.	Cardio & Strength Gym	YOGA/FITNESS/MOVEMENT 45 min.	Cardio & Strength Gym
YOGA/FITNESS/MOVEMENT 45 min.	Studio 3	OUTDOOR SPORTS WORKSHOP ▲ 2 hr. \$110	Outdoor Sports Lobby
MENTAL HEALTH & WELLNESS PRESENTATION 50 min.	CME Catalina Room	4:00 PM YOGA/FITNESS/MOVEMENT 25 min.	Sanctuary
10:00 AM YOGA/FITNESS/MOVEMENT 45 min.	T-Pool	YOGA/FITNESS/MOVEMENT 25 min.	Studio 2
YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	PICKLEBALL CLINIC ▲ 50 min. \$80	Pickleball Court 1
ACUPUNCTURE PRESENTATION 50 min.	CME Sanctuary	CREATIVE ARTS CLASS 1 hr. 30 min.	Art Studio 1
YOGA/FITNESS/MOVEMENT 45 min.	Studio 2	AYURVEDIC PRESENTATION 50 min.	Cactus Room
PICKLEBALL CLINIC ▲ 50 min. \$80	Pickleball Court 1	5:00 PM OPEN 12-STEP RECOVERY MEETING 60 min.	Mesquite Room
11:00 AM YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	METAPHYSICAL PRESENTATION 50 min.	Cactus Room
YOGA/FITNESS/MOVEMENT 45 min.	Studio 1	5:30 PM COMMUNITY TABLE ▲ 60 min.	Vaquero
SKIN CARE PRESENTATION 50 min.	Catalina Room	FITNESS CLINIC ▲ 50 min. \$110	Aquatic Center
YOGA/FITNESS/MOVEMENT 60 min.	Golf Performance Center	7:00 PM EVENING GUEST EXPERT PRESENTATION 50 min.	Catalina Room
		7:30 PM OUTDOOR SPORTS WORKSHOP ▲ 2 hr. \$110	Outdoor Sports Lobby

TUESDAY

January - March 2026

▲ SIGN UP REQUIRED

7:00 AM MORNING WALK 30 min. / 45 min.	Spa Lobby	1:00 PM YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio
7:30 AM HIKE: LEVEL 4 ▲ 4 hr. 30 min.	Outdoor Sports Lobby	BIKE RIDE: LEVEL 2 ▲ 4 hr.	Outdoor Sports Lobby
7:45 AM HIKE: LEVEL 3 ▲ 4 hr. 45 min.	Outdoor Sports Lobby	NUTRITION PRESENTATION 50 min.	CME Catalina Room
BIKE RIDE: LEVEL 2 ▲ 4 hr.	Outdoor Sports Lobby	1:30 PM OUTDOOR SPORTS WORKSHOP ▲ 3 hr. \$220	Outdoor Sports Lobby
8:00 AM PICKLEBALL CLINIC ▲ 50 min. \$80	Pickleball Court 1	2:00 PM YOGA/FITNESS/MOVEMENT 45 min.	T-Pool
HIKE: LEVEL 2 ▲ 2 hr.	Outdoor Sports Lobby	YOGA/FITNESS/MOVEMENT 45 min.	Studio 3
8:15 AM YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio
9:00 AM YOGA/FITNESS/MOVEMENT 45 min.	Golf Performance Center	HANDS-ON COOKING ▲ 1 hr. \$125	Demo Kitchen
YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	3:00 PM YOGA/FITNESS/MOVEMENT 45 min.	Studio 1
YOGA/FITNESS/MOVEMENT 45 min.	Cardio & Strength Gym	YOGA/FITNESS/MOVEMENT 45 min.	Studio 3
TENNIS CLINIC ▲ 50 min. \$80	Tennis Court 1	YOGA/FITNESS/MOVEMENT 45 min.	Studio 2
10:00 AM YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	PERFORMANCE SCIENCE PRESENTATION 50 min.	CME Catalina Room
YOGA/FITNESS/MOVEMENT 45 min.	Studio 1	4:00 PM PICKLEBALL CLINIC ▲ 50 min. \$80	Pickleball Court 1
YOGA/FITNESS/MOVEMENT 45 min.	T-Pool	YOGA/FITNESS/MOVEMENT 25 min.	Studio 2
PICKLEBALL CLINIC ▲ 50 min. \$80	Pickleball Court 1	YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio
MEDICAL PRESENTATION 50 min.	CME Catalina Room	5:00 PM OPEN 12-STEP RECOVERY MEETING 60 min.	Mesquite Room
11:00 AM YOGA/FITNESS/MOVEMENT 45 min.	Studio 1	FITNESS CLINIC ▲ 50 min. \$110	Mohave Gym
YOGA/FITNESS/MOVEMENT 45 min.	Studio 3	5:30 PM COMMUNITY TABLE ▲ 60 min.	Vaquero
YOGA/FITNESS/MOVEMENT 45 min.	Golf Performance Center	7:00 PM EVENING GUEST EXPERT PRESENTATION 50 min.	Catalina Room
METAPHYSICAL PRESENTATION 50 min.	Cactus Room	METAPHYSICAL WORKSHOP ▲ 1 hr. 30 min. \$140	Sanctuary
NOON LUNCH & LEARN 60 min.	Demo Kitchen	CREATIVE ARTS CLASS 60 min.	Art Studio 1

WEDNESDAY

January - March 2026

▲ SIGN UP REQUIRED

7:00 AM MORNING WALK 30 min. / 45 min. Spa Lobby	2:00 PM YOGA/FITNESS/MOVEMENT 45 min. T-Pool YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio YOGA/FITNESS/MOVEMENT 45 min. Studio 2 PILATES CLINIC Limit: 5 ▲ 50 min. \$80 Pilates Studio HANDS-ON COOKING ▲ 1 hr. \$125 Demo Kitchen
7:30 AM HIKE: LEVEL 4 ▲ 4 hr. 30 min. Outdoor Sports Lobby	3:00 PM YOGA/FITNESS/MOVEMENT 45 min. Studio 3 YOGA/FITNESS/MOVEMENT 45 min. Studio 2 YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio MENTAL HEALTH PRESENTATION CME 50 min. Catalina Room METAPHYSICAL PRESENTATION 50 min. Cactus Room
7:45 AM HIKE: LEVEL 3 ▲ 4 hr. 45 min. Outdoor Sports Lobby BIKE RIDE: LEVEL 2 ▲ 4 hr. Outdoor Sports Lobby	4:00 PM PICKLEBALL CLINIC ▲ 50 min. \$80 Pickleball Court 1
8:00 AM PICKLEBALL CLINIC ▲ 50 min. \$80 Pickleball Court 1 HIKE: LEVEL 2 ▲ 2 hr. Outdoor Sports Lobby YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio	4:00 PM YOGA/FITNESS/MOVEMENT 25 min. Sanctuary YOGA/FITNESS/MOVEMENT 25 min. Studio 2
8:45 AM HIKE: LEVEL 2 ▲ 5 hr. Outdoor Sports Lobby	5:00 PM OPEN 12-STEP RECOVERY MEETING 60 min. Mesquite Room FITNESS CLINIC ▲ 50 min. \$110 Mohave Gym
9:00 AM YOGA/FITNESS/MOVEMENT 45 min. Cardio & Strength Gym YOGA/FITNESS/MOVEMENT 45 min. Golf Performance Center YOGA/FITNESS/MOVEMENT 45 min. Studio 1	5:30 PM MEDICAL PRESENTATION CME 50 min. Catalina Room COMMUNITY TABLE ▲ 60 min. Vaquero
10:00 AM YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio YOGA/FITNESS/MOVEMENT 45 min. T-Pool YOGA/FITNESS/MOVEMENT 45 min. Studio 3 PICKLEBALL CLINIC ▲ 50 min. \$80 Pickleball Court 1	6:00 PM CREATIVE ARTS CLASS 60 min. Art Studio 1
11:00 AM YOGA/FITNESS/MOVEMENT 45 min. Studio 3 YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio YOGA/FITNESS/MOVEMENT 45 min. Studio 1 SPIRITUALITY PRESENTATION 50 min. Sanctuary	6:15 PM 12-STEP EATING DISORDERS ANONYMOUS MEETING 60 min. Mesquite Room
NOON LUNCH & LEARN 60 min. Demo Kitchen FITNESS CLINIC ▲ 50 min. \$80 Studio 3	7:00 PM EVENING GUEST EXPERT PRESENTATION 50 min. Cactus Room CREATIVE ARTS CLASS 60 min. Art Studio 1
1:00 PM YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio ACUPUNCTURE PRESENTATION 50 min. Sanctuary	7:30 PM OUTDOOR SPORTS WORKSHOP ▲ 2 hr. \$110 Outdoor Sports Lobby
	8:00 PM CULINARY TASTING ▲ 1 hr. \$125 Javelina Cantina

THURSDAY

January - March 2026

▲ SIGN UP REQUIRED

7:00 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

OUTDOOR SPORTS WORKSHOP ▲ Outdoor Sports Lobby
5 hr. \$110

COWBOY COFFEE Eucalyptus Circle
1 hr. 30 min.

7:30 AM

HIKE: LEVEL 4 ▲ Outdoor Sports Lobby
4 hr. 30 min.

7:45 AM

HIKE: LEVEL 3 ▲ Outdoor Sports Lobby
4 hr. 45 min.

BIKE RIDE: LEVEL 2 ▲ Outdoor Sports Lobby
4 hr.

8:00 AM

PICKLEBALL CLINIC ▲ Pickleball Court 1
50 min. \$80

HIKE: LEVEL 2 ▲ Outdoor Sports Lobby
2 hr.

8:15 AM

YOGA/FITNESS/MOVEMENT Yoga Studio
45 min.

9:00 AM

YOGA/FITNESS/MOVEMENT Cardio & Strength Gym
45 min.

YOGA/FITNESS/MOVEMENT Golf Performance Center
45 min.

SPIRITUAL WELLNESS PRESENTATION Sanctuary
50 min.

YOGA/FITNESS/MOVEMENT Studio 3
45 min.

10:00 AM

YOGA/FITNESS/MOVEMENT Yoga Studio
45 min.

PICKLEBALL CLINIC ▲ Pickleball Court 1
50 min. \$80

YOGA/FITNESS/MOVEMENT Cardio & Strength Gym
45 min.

YOGA/FITNESS/MOVEMENT Studio 1
45 min.

METAPHYSICAL WORKSHOP ▲ Sanctuary
1 hr. 30 min. \$140

11:00 AM

YOGA/FITNESS/MOVEMENT Studio 1
45 min.

YOGA/FITNESS/MOVEMENT Studio 2
45 min.

YOGA/FITNESS/MOVEMENT Yoga Studio
45 min.

NUTRITION PRESENTATION CME Cactus Room
50 min.

NOON

LUNCH & LEARN Demo Kitchen
60 min.

1:00 PM

OUTDOOR SPORTS WORKSHOP ▲ Outdoor Sports Lobby
2 hr. \$110

MEDICAL PRESENTATION CME Catalina Room
50 min.

YOGA/FITNESS/MOVEMENT Yoga Studio
45 min.

2:00 PM

HANDS-ON COOKING ▲ Demo Kitchen
1 hr. \$125

YOGA/FITNESS/MOVEMENT Golf Performance Center
45 min.

YOGA/FITNESS/MOVEMENT Studio 2
45 min.

YOGA/FITNESS/MOVEMENT Yoga Studio
45 min.

PILATES CLINIC ▲ Pilates Studio
50 min. \$80

3:00 PM

PERFORMANCE SCIENCE PRESENTATION CME Catalina Room
50 min.

CREATIVE ARTS CLASS Art Studio 1
1 hr. 30 min.

YOGA/FITNESS/MOVEMENT Studio 2
45 min.

YOGA/FITNESS/MOVEMENT Studio 3
45 min.

WALLYBALL Racquet Court 1
45 min.

4:00 PM

METAPHYSICAL PRESENTATION Cactus Room
50 min.

YOGA/FITNESS/MOVEMENT Studio 2
25 min.

YOGA/FITNESS/MOVEMENT Yoga Studio
45 min.

PICKLEBALL CLINIC ▲ Pickleball Court 1
50 min. \$80

5:00 PM

OPEN 12-STEP RECOVERY MEETING Mesquite Room
60 min.

5:15 PM

PICKLE & PLAY Pickleball Court 1
50 min.

5:30 PM

COMMUNITY TABLE ▲ Vaquero
60 min.

HEALTH & PERFORMANCE MYTHBUSTER PRESENTATION Cactus Room
50 min.

7:00 PM

EVENING GUEST EXPERT PRESENTATION Cactus Room
50 min.

OUTDOOR SPORTS WORKSHOP ▲ Outdoor Sports Lobby
2 hr. \$110

FRIDAY

January - March 2026

▲ SIGN UP REQUIRED

<p>7:00 AM</p> <p>MORNING WALK 30 min. / 45 min. Spa Lobby</p> <p>COWBOY COFFEE 1 hr. 30 min. Eucalyptus Circle</p>	<p>NOON</p> <p>LUNCH & LEARN 60 min. Demo Kitchen</p> <p>YOGA/FITNESS/MOVEMENT 20 min. Yoga Studio</p>
<p>7:30 AM</p> <p>HIKE: LEVEL 4 ▲ 4 hr. 30 min. Outdoor Sports Lobby</p> <p>OUTDOOR SPORTS WORKSHOP ▲ 5 hr. 30 min. \$195 Outdoor Sports Lobby</p>	<p>1:00 PM</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio</p> <p>OUTDOOR SPORTS WORKSHOP ▲ 2 hr. \$110 Outdoor Sports Lobby</p>
<p>7:45 AM</p> <p>HIKE: LEVEL 3 ▲ 4 hr. 45 min. Outdoor Sports Lobby</p> <p>BIKE RIDE: LEVEL 2 ▲ 4 hr. Outdoor Sports Lobby</p>	<p>2:00 PM</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Studio 3</p> <p>HANDS-ON COOKING ▲ 1 hr. \$125 Demo Kitchen</p> <p>YOGA/FITNESS/MOVEMENT 45 min. T-Pool</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Studio 2</p> <p>METAPHYSICAL PRESENTATION 50 min. Cactus Room</p> <p>CREATIVE ARTS CLASS 1 hr. 30 min. Art Studio 1</p> <p>PERFORMANCE SCIENCE PRESENTATION CME 50 min. Catalina Room</p>
<p>8:00 AM</p> <p>PICKLEBALL CLINIC ▲ 50 min. \$80 Pickleball Court 1</p> <p>HIKE: LEVEL 2 ▲ 2 hr. Outdoor Sports Lobby</p>	<p>3:00 PM</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Studio 1</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Studio 2</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio</p>
<p>8:15 AM</p> <p>YOGA/FITNESS/MOVEMENT 20 min. Studio 1</p>	<p>4:00 PM</p> <p>YOGA/FITNESS/MOVEMENT 25 min. Studio 2</p> <p>YOGA/FITNESS/MOVEMENT 25 min. Sanctuary</p> <p>PICKLEBALL CLINIC ▲ 50 min. \$80 Pickleball Court 1</p>
<p>9:00 AM</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Cardio & Strength Gym</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Golf Performance Center</p>	<p>5:00 PM</p> <p>OPEN 12-STEP RECOVERY MEETING 60 min. Mesquite Room</p>
<p>9:00 AM</p> <p>SPORTS MEDICINE PRESENTATION CME 50 min. Cactus Room</p> <p>TENNIS CLINIC ▲ 50 min. \$80 Tennis Court 1</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio</p>	<p>5:30 PM</p> <p>COMMUNITY TABLE ▲ 60 min. Vaquero</p> <p>FITNESS CLINIC ▲ 50 min. \$110 Aquatic Center</p>
<p>10:00 AM</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio</p> <p>PICKLEBALL CLINIC ▲ 50 min. \$80 Pickleball Court 1</p> <p>YOGA/FITNESS/MOVEMENT 45 min. T-Pool</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Cardio & Strength Gym</p>	<p>6:30 PM</p> <p>OUTDOOR SPORTS WORKSHOP ▲ 2 hr. \$110 Outdoor Sports Lobby</p>
<p>11:00 AM</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Studio 3</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Cardio & Strength Gym</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio</p> <p>METAPHYSICAL WORKSHOP ▲ 1 hr. 30 min. \$140 Sanctuary</p>	<p>8:00 PM</p> <p>CULINARY TASTING ▲ 1 hr. \$125 Javelina Cantina</p>
	<p>8:30 PM</p> <p>BINGO! 60 min. Pavilion</p>

SATURDAY

January - March 2026

▲ SIGN UP REQUIRED

7:00 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

COWBOY COFFEE Eucalyptus Circle
1 hr. 30 min.

7:30 AM

HIKE: LEVEL 4 ▲ Outdoor Sports Lobby
4 hr. 30 min.

7:45 AM

HIKE: LEVEL 3 ▲ Outdoor Sports Lobby
4 hr. 45 min.

BIKE RIDE: LEVEL 3 ▲ Outdoor Sports Lobby
4 hr.

8:00 AM

PICKLEBALL CLINIC ▲ Pickleball Court 1
50 min. \$80

HIKE: LEVEL 2 ▲ Outdoor Sports Lobby
2 hr.

OUTDOOR SPORTS WORKSHOP ▲ Outdoor Sports Lobby
3 hr. \$220

8:15 AM

YOGA/FITNESS/MOVEMENT Sanctuary
25 min.

9:00 AM

YOGA/FITNESS/MOVEMENT Golf Performance Center
45 min.

TENNIS CLINIC ▲ Tennis Court 1
50 min. \$80

YOGA/FITNESS/MOVEMENT Studio 3
45 min.

YOGA/FITNESS/MOVEMENT Yoga Studio
45 min.

10:00 AM

PICKLEBALL CLINIC ▲ Pickleball Court 1
50 min. \$80

YOGA/FITNESS/MOVEMENT Yoga Studio
45 min.

YOGA/FITNESS/MOVEMENT T-Pool
45 min.

NUTRITION PRESENTATION CME Catalina Room
50 min.

OUTDOOR SPORTS WORKSHOP ▲ Outdoor Sports Lobby
4 hr. \$110

YOGA/FITNESS/MOVEMENT Studio 1
45 min.

10:30 AM

HIKE: LEVEL 2 ▲ Outdoor Sports Lobby
2 hr.

11:00 AM

YOGA/FITNESS/MOVEMENT Golf Performance Center
60 min.

YOGA/FITNESS/MOVEMENT Yoga Studio
45 min.

YOGA/FITNESS/MOVEMENT Studio 3
45 min.

NOON

FITNESS CLINIC ▲ Studio 3
50 min. \$110

1:00 PM

MEDICAL PRESENTATION CME Catalina Room
50 min.

YOGA/FITNESS/MOVEMENT Aquatic Center
45 min.

YOGA/FITNESS/MOVEMENT Yoga Studio
45 min.

1:30 PM

OUTDOOR SPORTS WORKSHOP ▲ Outdoor Sports Lobby
2 hr. \$110

2:00 PM

HANDS-ON COOKING ▲ Demo Kitchen
1 hr. \$125

YOGA/FITNESS/MOVEMENT Studio 3
45 min.

YOGA/FITNESS/MOVEMENT Studio 2
45 min.

YOGA/FITNESS/MOVEMENT Yoga Studio
45 min.

METAPHYSICAL PRESENTATION Cactus Room
50 min.

3:00 PM

YOGA/FITNESS/MOVEMENT Studio 1
45 min.

YOGA/FITNESS/MOVEMENT Studio 2
45 min.

YOGA/FITNESS/MOVEMENT Racquet Court 1
45 min.

FITNESS CLINIC ▲ Studio 3
50 min. \$80

ARTS & CRAFTS CLASS Art Studio 1
1 hr. 30 min.

4:00 PM

PICKLEBALL CLINIC ▲ Pickleball Court 1
50 min. \$80

YOGA/FITNESS/MOVEMENT Studio 2
25 min.

YOGA/FITNESS/MOVEMENT Yoga Studio
45 min.

SPIRITUAL WELLNESS PRESENTATION CME Cactus Room
50 min.

5:00 PM

OPEN 12-STEP RECOVERY MEETING Mesquite Room
60 min.

FITNESS CLINIC ▲ Mohave Gym
50 min. \$110

5:30 PM

COMMUNITY TABLE ▲ Vaquero
60 min.

6:00 PM

CHEF'S SEASONAL SHOWCASE DINNER ▲ Demo Kitchen
2 hr. \$70

7:00 PM

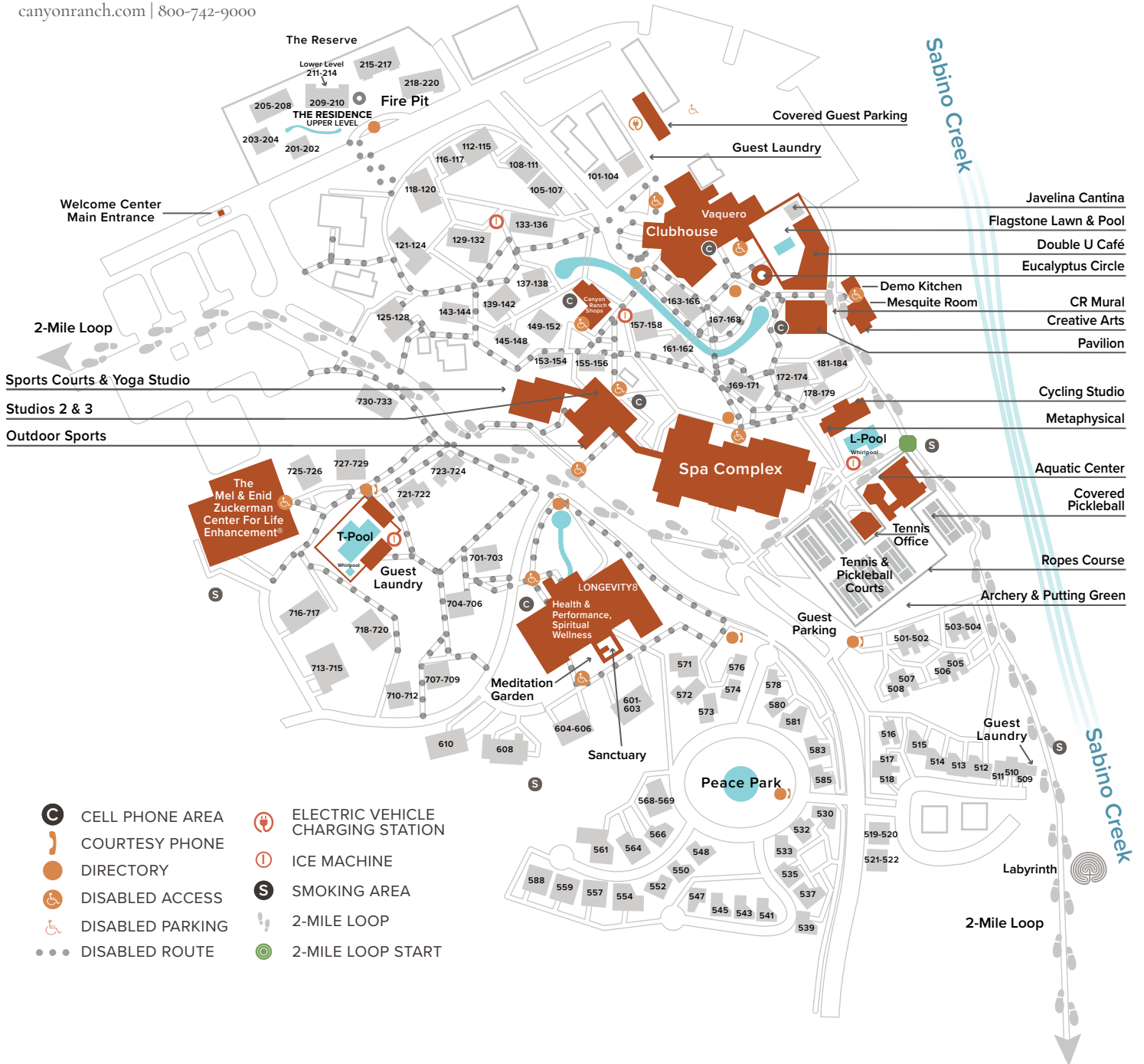
OUTDOOR SPORTS WORKSHOP ▲ Outdoor Sports Lobby
2 hr. \$110

SUNDAY

January - March 2026

▲ SIGN UP REQUIRED

<p>7:00 AM</p> <p>MORNING WALK 30 min. / 45 min. Spa Lobby</p> <p>COWBOY COFFEE 1 hr. 30 min. Eucalyptus Circle</p>	<p>NOON</p> <p>YOGA/FITNESS/MOVEMENT 20 min. Studio 1</p>
<p>7:30 AM</p> <p>HIKE: LEVEL 4 ▲ 4 hr. 30 min. Outdoor Sports Lobby</p> <p>OUTDOOR SPORTS WORKSHOP ▲ 3 hr. \$220 Outdoor Sports Lobby</p>	<p>1:00 PM</p> <p>OUTDOOR SPORTS WORKSHOP ▲ 2 hr. \$110 Outdoor Sports Lobby</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio</p> <p>PILATES CLINIC ▲ 50 min. \$80 Pilates Studio</p>
<p>7:45 AM</p> <p>HIKE: LEVEL 3 ▲ 4 hr. 45 min. Outdoor Sports Lobby</p> <p>BIKE RIDE: LEVEL 4 ▲ 4 hr. Outdoor Sports Lobby</p>	<p>1:30 PM</p> <p>OUTDOOR SPORTS WORKSHOP ▲ 2 hr. \$110 Outdoor Sports Lobby</p>
<p>8:00 AM</p> <p>PICKLEBALL CLINIC ▲ 50 min. \$80 Pickleball Court 1</p> <p>HIKE: LEVEL 2 ▲ 2 hr. Outdoor Sports Lobby</p> <p>FITNESS CLINIC ▲ 50 min. \$80 Studio 3</p>	<p>2:00 PM</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Studio 2</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Cardio & Strength Gym</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Studio 3</p> <p>ACUPUNCTURE PRESENTATION 50 min. Catalina Room</p>
<p>8:15 AM</p> <p>YOGA/FITNESS/MOVEMENT 20 min. Sanctuary</p>	<p>3:00 PM</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Studio 1</p> <p>YOGA/FITNESS/MOVEMENT 60 min. Golf Performance Center</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio</p>
<p>9:00 AM</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Golf Performance Center</p> <p>TENNIS CLINIC ▲ 50 min. \$80 Tennis Court 1</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Cardio & Strength Gym</p>	<p>4:00 PM</p> <p>PICKLEBALL CLINIC ▲ 50 min. \$80 Pickleball Court 1</p> <p>YOGA/FITNESS/MOVEMENT 25 min. Studio 2</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio</p> <p>SPORTS MEDICINE PRESENTATION 50 min. CME Cactus Room</p>
<p>10:00 AM</p> <p>PERFORMANCE SCIENCE PRESENTATION 50 min. CME Catalina Room</p> <p>PICKLEBALL CLINIC ▲ 50 min. \$80 Pickleball Court 1</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio</p> <p>YOGA/FITNESS/MOVEMENT 45 min. T-Pool</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Studio 1</p>	<p>5:00 PM</p> <p>OPEN 12-STEP RECOVERY MEETING 60 min. Mesquite Room</p> <p>FITNESS CLINIC ▲ 50 min. \$110 Mohave Gym</p>
<p>11:00 AM</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Golf Performance Center</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Yoga Studio</p> <p>YOGA/FITNESS/MOVEMENT 45 min. Studio 1</p> <p>METAPHYSICAL PRESENTATION 50 min. Cactus Room</p>	<p>5:30 PM</p> <p>COMMUNITY TABLE ▲ 60 min. Vaquero</p> <p>7:00 PM</p> <p>CREATIVE ARTS CLASS 60 min. Art Studio 1</p> <p>8:30 PM</p> <p>BINGO! 50 min. Pavilion</p>



Clubhouse

Cactus Room
Canyon Ranch Boutique
Catalina Room
Guest Computer Stations
Guest Services
Library
Media Room
Registration
The Snug
Vaquero
Wicker Lounge

Spa Complex

Beauty Salon
Cardio & Strength Gym
Canyon Ranch® Aesthetics
Fitness
Foot Health Center
Locker Rooms
Massage
Outdoor Sports & Lobby
Performance Science
Pilates & Movement Therapy
Program Advising / Wellness Guides
Skin Care
Sports Courts
Sports Medicine
Studios 1-3
Yoga Studio

Health & Performance, & Spiritual Wellness

Acupuncture
Life Management
LONGEVITY8™
Medical
Meditation Garden
Nutrition
Sanctuary

The Mel & Enid Zuckerman Center for Life Enhancement

Acacia Room
CR Vitality
Mohave Gym
Ocotillo Room
Saguaro Room

RESTROOMS

Located in the Clubhouse, Spa, Center for Life Enhancement, Aquatic Center, Health & Performance & Spiritual Wellness, near the Demo Kitchen, and in the Double U Café.