

Example Schedule - High Intensity

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am							Light Breakfast	
7am			Sunrise Yoga	Breakfast	Sunrise Yoga	Hike To Leisee		Breakfast
8am		Breakfast	Breakfast	Pilates	Breakfast	Yoga		
9am		Pilates			HIIT	Breakfast		Bike Ride to The Dam
10am			Walk to Schalsee				Guided Hike - Breithorn	
11am		Vita Parcours		Full Day Hike With Packed Lunch	Forest Fun Park	Hike to Grunsee For Glacial Lake swimming		Debrief and Guest Departure
12pm			SUP Session					
1pm		Lunch at Chalet	BBQ Lunch		Lunch at Chalet	Packed Lunch		
2pm		Circuits		Afternoon Tea at Edelweiss	Hohenweg Hike	Walk Back to Chalet	Lunch at Blatten	
3pm		Active Recovery	Walk Back to Chalet				Walk Back to Chalet	
4pm				Optional Activities				
5pm								
6pm	Guest Arrival	Circuits	HIIT	Yoga	Circuits	Pilates	Yoga	
7pm	Gentle Hike	Cooking Class	Assisted Stretching	Cooking Class	Active Recovery	Cooking Class	Guided Meditation	

8pm

Dinner

Dinner

Dinner

Dinner

Dinner

Dinner

Dinner