Example Schedule - Low Intensity

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7am		Light Breakfast		Breakfast	Breakfast	Breakfast		Breakfast
8am		Pilates	Breakfast	Yoga	Pilates		Breakfast	Yoga
9am		Gentle Hike to		Free Time For			Pilates	Debrief and
10am		Leisee		Optional Activites	Hike to Riffelalp		Hike to Zmutt	Guest Departure
11am		Yoga	5 Lakes Hike With Packed	Henvites		Hike to The Suspension	Tine to Zinutt	
12pm		BBQ Lunch	Lunch	Lunch at Chalet	Lunch at Alphitta	Bridge in Randa	Lunch at Zmutt	
1pm		Walk Back to Chalet Via				Lunch	Walk Back to	
2pm		Findeln		Walk to Schalisee for	Walk Back to		Chalet	
3pm				Relaxation or Glacial Lake	Chalet		Free Time For	
4pm		Free Time for Optional	Free Time For Optional	Swimming	Free Time For		Optional Activities	
5pm		Activities	Activities		Optional Activities	Train Back To Zermatt		
6pm	Guest Arrival			Train Back to Zermatt	Tiedvideo	Free Time	Sun Downers End of Week	
7pm	Yin Yoga	Cooking Class	Guided Meditation	Cooking Class	Cooking Class	Yin Yoga	Drink in Snowboat	
8pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	