

WEEKLY ACTIVITY SHEET

Some activities are subject to change without prior notice.

Please refer to the updated copy posted on our standees located at the Reception, Restaurant, Medical and Healing Sanctuary.

SCHEDULE START TIME	END TIME	DURATION PER ACTIVITY
6:00 AM	5:00 PM	1 HOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Yogi Francis	Yogi Francis	Yogi Earl	Yogi Bee	Yogi Earl	Paulo/Stella	Paulo/Stella
6:00AM	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	Qigong w/ Stella AMPHITHEATER	Qigong w/ Stella AMPHITHEATER
7:00AM	Fitness Walk w/ Olan RECEPTION	Fitness Walk w/ Dennis RECEPTION	Fitness Walk w/ Olan RECEPTION	Fitness Walk w/ Dennis RECEPTION	Fitness Walk w/ Olan RECEPTION	Fitness Walk w/ Olan RECEPTION	Fitness Walk w/ Olan RECEPTION
7:30AM	Meditation & Pranayama w/ Francis AMPHITHEATER	Meditation & Pranayama w/ Francis AMPHITHEATER	Ashtanga Yoga w/ Earl AMPHITHEATER	Sun Salutation 101 w/ Bee AMPHITHEATER	Ashtanga Yoga w/ Earl AMPHITHEATER	Sunrise Yoga w/ Paulo AMPHITHEATER	Sunrise Yoga w/ Paulo AMPHITHEATER
8:00AM	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME
8:30AM	Mandala HEALING SANCTUARY	Mandala HEALING SANCTUARY	Mandala HEALING SANCTUARY	Mandala HEALING SANCTUARY	Mandala HEALING SANCTUARY	Mandala HEALING SANCTUARY	Mandala HEALING SANCTUARY
9:00AM	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	Taichi Quan w/ Stella AMPHITHEATER	Taichi Quan w/ Stella AMPHITHEATER
10:30AM	Vinyasa Yoga w/ Francis AMPHITHEATER	Vinyasa Yoga w/ Francis AMPHITHEATER	Gentle Flow w/ Earl AMPHITHEATER	Vinyasa Yoga w/ Bee AMPHITHEATER	Gentle Flow w/ Earl AMPHITHEATER	Yin Yoga w/ Paulo AMPHITHEATER	Yin Yoga w/ Paulo AMPHITHEATER
11:30AM	Circuit Training w/ Jess PURE ENERGY	Circuit Training w/ Jess PURE ENERGY	Circuit Training w/ Jess PURE ENERGY	Aqua Exercise PHP1,200 per person w/ Princess SOUTHPOL	Functional Fitness w/ Princess PURE ENERGY	Circuit Training w/ Jess PURE ENERGY	Aqua Exercise PHP1,200 per person w/ PRINCESS SOUTHPOL
12:00PM	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME
2:00PM	Traditional Hatha Yoga w/ Francis AMPHI	Traditional Hatha Yoga w/ Francis AMPHI	Vinyasa Yoga w/ Earl AMPHITHEATER	Yogalates w/ Bee AMPHITHEATER	Vinyasa Yoga w/ Earl AMPHITHEATER	Gentle Yoga w/ Paulo AMPHI	Gentle Yoga w/ Paulo AMPHI

3:00PM	Core Training w/ Jess PURE ENERGY	Food Preparation ALIVE! KITCHEN ----- Core Training w/ Jess PURE ENERGY	Core Training w/ Jess PURE ENERGY	Food Preparation ALIVE! KITCHEN ----- Fitness w/ Princess PURE ENERGY	Fitness w/ Princess PURE ENERGY	Core Training w/ Jess PURE ENERGY	Core Training w/ Jess PURE ENERGY
4:00PM	Power Walk w/ Olan RECEPTION	Power Walk w/ Olan RECEPTION	Power Walk w/ Olan RECEPTION	Power Walk w/ Olan RECEPTION	Power Walk w/ Olan RECEPTION	Power Walk w/ Dennis RECEPTION ----- Taichi Qigong w/ Stella AMPHITHEATER	Power Walk w/ Dennis RECEPTION ----- Taichi Qigong w/ Stella AMPHITHEATER