Tuscan Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga 7:30	Yoga 7:30	Yoga 7:30	Yoga 7:30	Yoga 7:30	Yoga 7:30	Yoga 7:30
Breakfast 8:30	Breakfast 8:30	Breakfast 8:30	Breakfast 8:30	Breakfast 8:30	Breakfast 8:30	Breakfast 8:30
Hike 9:30	Hike to Abbey 9:30	Hike 9:30	Trip to Market 10:00	Hike 9:30	Hike to Olive Oil 9:30	Hike 9:30
Fitness 11:00	Hike to Abbey 9:30	Fitness 11:00	Trip to Market 10:00	Fitness 11:00	Hike to Olive Oil 9:30	Fitness 11:00
Lunch 12:30	Lunch 12:30	Lunch 12:30	Lunch 12:30	Lunch 12:30	Lunch 12:30	Lunch 12:30
Yoga 17:00	Yoga 17:00	Alignment Workshop 16:00	Yoga 16:30	Yoga 15:30	Yoga 15:30	Alignment Workshop 16:00
Wine Tasting 17:00	Yoga 17:00	Yoga 17:00	Cocktail Evening 18:00	Wine Tasting 16:45	Meditation 17:30	Yoga 17:00
Dinner 19:00	Dinner 19:00	Dinner 19:00	Dinner 19:00	Dinner 19:00	Dinner 19:00	Dinner 19:00