

WEEKEND SCHEDULE

FRIDAY:

Time	Activity	Location
4-6:00PM	Check-in	Field
7:00PM	Snacks	Dining Hall
8:00PM	BINGO	Dining Hall

SATURDAY:

Time	Activity	Location
7:00AM	Sunrise Yoga	Holmes Lodge
8-9:00AM	Breakfast	Dining Hall
8:30-9:45AM	Keynote: Friendship	Dining Hall
10-11:00AM	Pilates	Holmes Lodge
	Zumba	Field
	Hike	Gabezo by Lake
11:15am-12:00pm	Camp Activities	See Map
	Chat & Craft with Tiana	
12-1:00PM	Lunch	Dinning Hall
1:15-2:15PM	Myofascial Release	Holmes Lodge
	Mindful Walk	Flag Pole
	Hike to barn	Gabezo by the Lake
	Balance and Posture	Field (shade)
2:30-4:00PM	Camp Activities	
5-6:00pm	Dinner	Dining Hall
8-9:00pm	Campfire & Night Hike	

SUNDAY:

Time	Activity	Location
7:00AM	Morning Meditation	Holmes Lodge
8-9:00AM	Breakfast	Dining Hall
9:15-10:15AM	Zumba	Field
	Gentle Yoga	Holmes Lodge
	Hike	Gabezo by Lake
11:00AM	Clean up ahead out	

This is your time. Please understand that you can do as much or as little as you like.

Use this time for exploration, recreation and relaxation.

FOR CAMP ACTIVITIES:

Each activity is about 45 minutes
You can sign up for two in the AM and two in the PM
Sign up is at Check-In or in the Dining Hall at meals.



