

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|----------|--------------------------------------|---|---|---------------------------------|------------------------------------|
| 7:30 AM | | | | | |
| 8:00 AM | | Morning Pranayama (30 mins) | Morning Pranayama (30 mins) | Morning Pranayama (30 mins) | Morning Pranayama (30 mins) |
| 8:30 AM | | Group Circuit Class (60 mins) | Group Functional Fitness (60 mins) | Cardio Bootcamp Class (60 mins) | Group Functional Fitness (60 mins) |
| 9:00 AM | | | | | |
| 9:30 AM | | Breakfast | Breakfast | Breakfast | Breakfast |
| 10:00 AM | | | | | |
| 10:30 AM | | Free Easy / Massage | Fit and Nutrition workshop with Cooking Class | Free Easy / Massage | Checking out |
| 11:00 AM | | | | | |
| 11:30 AM | | | | | |
| 12:00 PM | Arrival & CheckIn | | | | |
| 12:30 PM | | Lunch | Lunch | | |
| 1:00 PM | | | | | |
| 1:30 PM | | | | | |
| 2:00 PM | | Free Easy / Massage | | Yoga for Anti-Aging (60 mins) | |
| 2:30 PM | | | | | |
| 3:00 PM | Welcome Orientation with Sari & Jana | | Aqua Aerobics (60 mins) | | |
| 3:30 PM | | | | | |
| 4:00 PM | | Reformer Foundation (30 mins) | | Group Reformer Class (60 mins) | |
| 4:30 PM | | Group Reformer Class (60 mins) | | | |
| 5:00 PM | Free Easy / Massage | | | | |
| 5:30 PM | | | 1 x Hot Yoga class | Free Easy / Massage | |
| 6:00 PM | Yoga for Deep Sleep (60 mins) | | | | |
| 6:30 PM | | Yoga for Stretch & Destretch Yoga class (60 mins) | | | |
| 7:00 PM | Welcome Dinner | Wellness Cuisine Dinner | Wellness Cuisine Dinner | Farewell Dinner | |
| 7:30 PM | | | | | |
| 8:00 PM | | Wellness Cuisine Dinner | | | |