

# Santani Wellness Resort & Spa Sample Weekly Group Activities

	6 A.M-7 A.M	7 A.M-8 A.M	8 A.M-9 A.M	9 A.M-10 A.M	10 A.M-11 A.M	11A.M-12P.M	12P.M-1 P.M	1P.M-2 P.M	2P.M-3 P.M	3P.M-4 P.M	4 P.M-5 P.M	5 P.M-6 P.M	6P.M-7 P.M	7P.M-8 P.M	8P.M-9 P.M
SUN		FITNESS				HIKE			HEALTHY LIVING		FITNESS				
					M.BIKING					M.BIKING					
		YOGA	MEDITATION							HIKE	YOGA	MEDITATION			
MON		FITNESS				HIKE			COOKING CLASS		FITNESS				
					M.BIKING					M.BIKING					
		YOGA	MEDITATION							HIKE	YOGA	MEDITATION			
TUE		FITNESS				HIKE			HEALTHY LIVING		FITNESS				
					M.BIKING										
		YOGA	MEDITATION							HIKE	YOGA	MEDITATION			
WED		FITNESS				HIKE			COOKING CLASS		FITNESS				
					M.BIKING					M.BIKING					
		YOGA	MEDITATION							HIKE	YOGA	MEDITATION			
THU		FITNESS				HIKE			HEALTHY LIVING		FITNESS				
					M.BIKING					M.BIKING					
		YOGA	MEDITATION							HIKE	YOGA	MEDITATION			
FRI		FITNESS				HIKE			COOKING CLASS		FITNESS				
					M.BIKING					M.BIKING					
		YOGA	MEDITATION							HIKE	YOGA	MEDITATION			
SAT		FITNESS				HIKE			HEALTHY LIVING		FITNESS				
					M.BIKING					M.BIKING					
		YOGA	MEDITATION							HIKE	YOGA	MEDITATION			
DAY	6 A.M-7 A.M	7 A.M-8 A.M	8 A.M-9 A.M	9 A.M-10 A.M	10 A.M-11 A.M	11A.M-12P.M	12P.M-1 P.M	1P.M-2 P.M	2P.M-3 P.M	3P.M-4 P.M	4 P.M-5 P.M	5 P.M-6 P.M	6P.M-7 P.M	7P.M-8 P.M	8P.M-9 P.M