

Weekly Curriculum **31st July 2016**

Headline Guru - Fernando Stovell

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Morning		07:00-10:00 Breakfast							
		08:00 LOCAL WALK	08:00 SUNRISE STRETCH	08:00 MORNING AQUA	08:00 YOGA	08:00 MORNING AQUA	08:00 BARRE	MORNING DEPARTURE	
		09:00 - 9:30 INTRODUCTIONS	VEGETARIAN MEALS STEMS WATERMELON COURGETTE	STARTERS GRAS SAUCES	FOIE VEAL	FISH & SHELLFISH CRAB SCALLOPS LEMON SOLE	MEAT QUAIL PORK BEEF		PUDDINGS DARK CHOCOLATE CHERRY CHEESE
		COOKING WITH CONFIDENCE AND MENU PLANNING							
	13:00 - 14:00 LUNCH								
Afternoon	ARRIVAL AFTERNOON SETTLE IN WEEKLY ACTIVITY SIGN UP	14:00 - 16:00 FREE TIME	TO VALRHONA <u>CHOCOLATE CITY</u>	14:00 - 16:00 FREE TIME	14:00 - 16:00 FREE TIME	14:00 - 16:00 FREE TIME	14:00 - 16:00 FREE TIME		
		16:00 TEA	16:00 HIGHTEA				16:00 HIGH TEA	16:00 HIGH TEA	
		17:00 PETANQUE	GROUP PREPARE DINNER	GROUP PREPARE DINNER	GROUP PREPARE DINNER	GROUP PREPARE DINNER	GROUP PREPARE DINNER		
Evening	20:00 LIGHT DINNER	19:15 Cocktails	19:15 Cocktails	19:00 Wine tasting	19:15 Cocktails	19:00 Formal Soiree in Grand Salon	19:15 Cocktails		
		20:00 Dinner	20:00 Dinner	20:00 Dinner	20:00 Dinner		20:00 Dinner		

Extra Curricular Activities	AFTERNOON Massage & Therapies*		AFTERNOON Massage & Therapies*
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* Advance booking required (prior to UK departure) additional charge will apply

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