



The Arc House Weekly Schedule

Week One

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00		Wake Up! Walk (FF)	Wake Up! Walk (FF)	Wake Up! Walk (FF)	Wake Up! Walk (FF)	Wake Up! Walk (FF) Weight Check (WL)	Wake Up! Walk (FF)	
8:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:15		Lake Walk (WL)	Depart for Albi <ul style="list-style-type: none"> Toulouse Latrec Museum 	<ul style="list-style-type: none"> Cherry Tree Walk (WL) Monclar Fitness Course (FF) 	Depart for Bordeaux <ul style="list-style-type: none"> Wine Tasting Seminar at the Ecole de Vin 	<ul style="list-style-type: none"> Stretching & Body Conditioning (FF) Gym Circuit (WL) Beauty/Massage (SD) 	<ul style="list-style-type: none"> Country Walk (WL) Beauty/Massage (SD) 	
10:30		<ul style="list-style-type: none"> Food & Feelings (WL) Uppercut Workout (FF) Massage/Facial (SD) 	<ul style="list-style-type: none"> 12th Century Cathedral Shopping Lunch in Brasserie 	<ul style="list-style-type: none"> Food & Feelings (WL) Muscle Relaxing Treatment (FF) Beauty Therapy (SD) 	<ul style="list-style-type: none"> Lunch in Brasserie Chateau and Vineyard Visits 	Cooking Demonstration	<ul style="list-style-type: none"> Uppercut Workout (FF) Food & Feelings (WL) 	
12:30		Lunch		Lunch		Lunch	Lunch	Lunch
14:00		Arrivals/ Assessments	<ul style="list-style-type: none"> Gym Circuit (WL) BLT Workout (FF) Massage/Beauty (SD) 		Self Discovery Session (SD)		<ul style="list-style-type: none"> Fitness Test (FF) Lake Walk (WL) Beauty/Massage (SD) 	
17:00		Bonjour! French for Beginners		<ul style="list-style-type: none"> Beauty/Massage (SD) B. Band Workout (FF) Gym Circuit (WL) 		Bonjour! French for Beginners	Murder Mystery Evening with Dinner	
18:00			Leave Albi					
19:00	Dinner	Dinner	Dinner	Dinner	Leave Bordeaux	Dinner		
20:00					Dinner			

Fitness Focus - (FF); Weight Loss - (WL); Stress Detangler - (SD)