

Thursday	Friday	Saturday	Sunday
	7:30am-8:30am light breakfast	7:30am-8:30am light breakfast	7:30am-8:30am fruit and coffee
	9:00am-10:30am Yoga Class	9:00am-10:30am Yoga Class	9:00am-10:00am Yoga Class
	10:30-12:30pm knitting	10:30-12:30pm knitting	10:00-10:30am knitting
	12:30-1:30pm lunch	12:30-1:30pm lunch	10:30am – 12pm brunch (12pm departure)
	Free time optional trip to local farm or yarn shop Or knitting by the fire	Free time optional trip to local farm or yarn shop Or knitting by the fire	
6:00pm Yoga class (a gentle class to help you stretch out after your ride)	5-6:30pm Yin Yoga Class	5-6:30pm Yin Yoga Class	
7:00pm Welcome to Good Commons + Champagne Toast! Followed by Dinner	7:00pm Dinner	7:00pm Dinner	Details subject to change and all activities are optional.