











NZ ELEMENTS

	Sunday	Monday <i>Springs/Rivers</i>	Tuesday <i>Woods/Mountain</i>	Wednesday <i>Beach/Ocean</i>	Thursday <i>Adrenaline</i>	Friday <i>Optional: Sky</i>
7:00 AM		River	 Forest Run Yoga	 Ocean Bootcamp	Kickboxing	Sleep In
8:00 AM		Bootcamp				Pilates/Yoga
9:00 AM		Breakfast	Breakfast	Breakfast	Breakfast	
#####		Rafting	Mountain	Mt Maunganui	Biking	Round-up time
#####	Arrive at Hamurana			Walk	 Adrenaline Adventures	Brunch
#####	Lodge			Fun Lunch		Check out
1:00 PM	Welcome Juice	Lunch	Lunch in town	 Ocean Kayaking	Lake Cruise	Use Hamurana
2:00 PM	Introduction	Massages	Hot Pool	 Bodyboard	Hot bath	Lodge
3:00 PM	Fitness		Social Time*		Stretching	Facilities
4:00 PM	Assessment				Reiki	
5:00 PM			Maori		Healthy	or optional
6:00 PM	Diner at the	Diner at the	Evening	rest	with Chef Neil	Skydiving
7:00 PM	Lodge	Lodge		Diner at the	Outdoor	Horseshooting
8:00 PM	Social Time*	Meditation		Meditation	Campfire	Skifing
9:00 PM						

* This time can be used for rest, extra activities or additional spa treatments as well

Sample itinerary, each NZ Elements weeks are tailor made program which will differ from the above schedule