

Thursday, August 19, 2010	
	7:00 -9:00 PM Rooftop Terrace – Welcome Cocktail Reception at the Sedona Rouge Hotel & Spa
Friday, August 20, 2010	
	5:00am Breakfast
	6:00am – Hike (early morning before heat) snacks and water provided
	10:00pm – early Lunch ~ Fun talks w/BLs
	12:30pm - Other activities with BLs to include workouts, mountain biking, yoga ~ each day designed for the active person w/the BLs
	5:00pm – Dinner on your own ~ check out Sedona
	6pm – 9pm Seminar with the Biggest Losers
Saturday, August 21, 2010:	
	5:00am Breakfast
	6:00am – Hike w/ Lunch, snacks and water provided at hike destination
	11:00pm –(Full Package includes this function) Doors open to public for meet & greet inspirational stories, photos, etc. Dancing with the Sedona Dancers expo...fun
	3:00pm – Back to hotel and/or other destination w/BLs
	6pm – 10pm - Closing Dinner/Seminar with the Biggest Losers
Sunday, August 22, 2010:	
	7:00am Breakfast