

SOUTHALL

WEEKLY ACTIVITIES GUIDE

MARCH 9 - 15

DAILY ACTIVITIES

8:00AM - 3:30PM | FEED THE CHICKENS (SELF-GUIDED)
10:00AM | MORNING YOGA
11:30AM & 1:30PM | SOUND BATH
4:00PM | WELCOME TO THE FARM TOUR

MONDAY

8:30AM | PILATES BARRE

TUESDAY

8:30AM | PILATES BARRE

WEDNESDAY

8:30AM | PILATES BARRE
10:00AM | BEES & HONEY WALK

THURSDAY

8:30AM | PILATES BARRE
10:00AM | BEE CRUISE
1:00PM | BEE CRUISE
3:30PM | SPRING BREAK: ESCAPE FROM DOTTIE'S
5:15PM | SPRING BREAK: ESCAPE FROM DOTTIE'S
7:00PM | SPRING BREAK: ESCAPE FROM DOTTIE'S



Sign up here or call (615) 282-2000



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10:00AM | MORNING YOGA
11:30AM & 1:30PM | SOUND BATH
4:00PM | WELCOME TO THE FARM TOUR

FRIDAY

8:30AM | PILATES BARRE
9:00AM | SPRING BREAK: CREEK WALK
10:00AM | SPRING BREAK: FAMILY HONEY EXTRACTION
3:00PM | HONEY EXTRACTION & TEQUILA TASTING
4:00PM | RESTORATIVE YOGA & SOUND

SATURDAY

8:30AM | PILATES BARRE
9:00AM | BEGINNER FLY FISHING
10:00AM | BEES & HONEY WALK
10:00AM | GUIDED MOUNTAIN BIKING
12:30PM | BREATH & MEDITATION
1:00PM | BEE CRUISE
2:00PM | SPRING BREAK: ARCHERY AND AXE THROWING
4:00PM | RESTORATIVE YOGA & SOUND

SUNDAY

9:00AM | BEGINNER FLY FISHING
10:00AM | SPRING BREAK: ARCHERY
AND AXE-THROWING
11:30 AM | GUIDED 1 HOUR HIKE
12:45PM | SPRING BREAK: ESCAPE FROM DOTTIE'S
1:00PM | BEE CRUISE
2:30PM | SPRING BREAK: ESCAPE FROM DOTTIE'S

ACTIVITY TIMES AND AVAILABILITY ARE SUBJECT TO
CHANGE. PLEASE VISIT OUR WEBSITE FOR MORE
INFORMATION AND TO SIGN UP.



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