



TIME	ACTIVITY	LOCATION
THURSDAY APRIL 4, 2013		
1:00pm – 5:00pm	GUEST CHECK-IN	Disney's Coronado Springs Resort
5:30pm – 9:00pm	MEET & GREET/ INTRODUCTION/ WEEKEND OUTLINE/ DINNER with Tony Horton SPORTS FILM FEST	
FRIDAY APRIL 5, 2013		
5:30am – 5:50am	<i>Bus Departs for Disney's Animal Kingdom</i>	Transportation Disney's Coronado Springs Resort to Disney's Animal Kingdom® Theme Park
6:00am – 8:30am	WORKOUT Session #1 Cardio/MMX with Tony Horton and Crew	Disney's Animal Kingdom® Theme Park
8:35am – 8:55am	<i>Bus Departs for Disney's Coronado Springs Resort</i>	Transportation Disney's Animal Kingdom® Theme Park to Disney's Coronado Springs Resort
9:00am – 9:45am	BREAKFAST	Disney's Coronado Springs Resort
9:45am – 11:30am	11 LAWS SEMINAR with Tony Horton	
11:30am – 12:30pm	BREAK – Guest free time at Disney's Coronado Springs Resort	
12:30pm – 1:15pm	LUNCH	
1:20pm – 1:55pm	MENTAL ASPECTS OF FITNESS - <i>THE NAVY SEAL WAY</i>	
1:55pm – 2:10pm	<i>Bus Departs for ESPN Wide World of Sports</i>	Transportation Disney's Coronado Springs Resort to ESPN Wide World of Sports Complex
2:15pm – 3:30pm	WORKOUT Session #2 (TRIDENT CHALLENGE COURSE) with Tony Horton and Crew	ESPN Wide World of Sports Complex
3:35pm – 3:55pm	<i>Bus Departs for Disney's Coronado Springs Resort</i>	Transportation ESPN Wide World of Sports Complex to Disney's Coronado Springs Resort
4:00pm – 5:30pm	BREAK Guest free time	Disney's Coronado Springs Resort
5:30pm	NUTRITION AND DINNER DEMONSTRATION with Disney Chef and Tony Horton	
6:30pm	DINNER	
7:00pm – 9:00pm	SPORTS FILM FEST	

**All itinerary items are subject to change*



TRAIN AT THE NEXT LEVEL, IN THE MIDDLE OF THE MAGIC



TIME	ACTIVITY	LOCATION
SATURDAY APRIL 6, 2013		
7:00am – 7:20am	Bus Departs for EPCOT®	Transportation Disney's Coronado Springs Resort to EPCOT®
7:30am – 8:30am	WORKOUT Session #3 (WARRIOR WORKOUT) with Tony Horton and Crew	EPCOT®
8:40am – 9:40am	Breakfast	EPCOT®
9:40am – 11:00am	Q&A with Tony Horton NUTRITION LECTURE	
11:00am – 11:45am	FORM & FUNCTION SEMINAR with Tony Horton	
11:45am – 12:45pm	BREAK – Guest free time at EPCOT®	
12:45pm – 1:45pm	LUNCH	
2:00pm – 2:45pm	WORKOUT Session #4 (CORE STABILIZATION WORKOUT) with Tony Horton and Crew	EPCOT®
3:00pm – 3:30pm	GOAL LETTER TO SELF	EPCOT®
3:30pm – 3:50pm	Bus Departs for Disney's Coronado Springs Resort	Transportation EPCOT® to Disney's Coronado Springs Resort
3:50pm – 5:30pm	BREAK – Guest free time at Disney's Coronado Springs Resort	Disney's Coronado Springs Resort
5:30pm – 5:55pm	Bus Departs for EPCOT®	Transportation Disney's Coronado Springs Resort to EPCOT®
6:00pm – 10:00pm	CLOSING BANQUET Dessert Party and Illuminations Viewing	EPCOT®
9:20pm – 10:30pm	Bus Departs for Disney's Coronado Springs Resort	Transportation EPCOT® to Disney's Coronado Springs Resort
SUNDAY APRIL 7, 2013		
6:00am – 7:00am	WORKOUT Session #5 (YOGA) with Tony Horton and Crew	Disney's Coronado Springs Resort
7:30am – 9:00am	BREAKFAST & TONY HORTON CLOSING REMARKS	

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