

Gyrokinesis® Week

May 28, 2022

Stay flexible...in more ways than one! After you secure your spa appointments, try sketching out your personal program for an entire week, or take it day by day. Our Fitness Concierge is always ready to help you get the most out of your week. You'll soon discover many "don't miss!" experiences that inspire schedule changes.

Seek a balance when considering the many options for movement, nutrition, relaxation, entertainment and learning.

Keep in mind a few guidelines for the week:

- We are a **"digital noise-free environment"**. Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Bldg.
- "Progressive" classes are a continuum over several days. Your knowledge of that particular discipline *and* your fitness level will grow with each passing day. If you miss the first day, don't despair; you can still drop in on subsequent days.
- **Sign up** for classes are posted in the main lounge cork board.
- **Classes are limited** based on *social distancing and equipment availability*.
- **Classes and activities begin on time and last 45 minutes unless noted otherwise.**

SATURDAY | May 28

- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
 6:45 **Woodlands Hike** 2 Miles Gazebo
- 9:00 **Stretch** Pinetree
 Nature Walk: Native Plants and their Traditional Uses, with Mike Wilken Gazebo
- 10:00 **Circuit Training** Azteca
 Meditation Milagro
- 10:15 **Ranch Tour** (30 mins) Start outside Dining Hall
- 11:00 **Yoga: All Levels** Montaña
- 12:15 **Ranch Tour** (30 mins) Start outside Dining Hall
- 2:00 **Sound Healing** Oaktree
 Woodlands Hike 2 Miles Gazebo
- 3:00 **Stretch** Pinetree
- 4:00 **Set Your Ranch Intention, Tips for a Magical Week** Olmeca
- 5:00 **Ranch Tour** (recommended for first time guests) Gazebo
 Returning Guest Update Tolteca
- 5:30 **First Time Guest Orientation** Olmeca
- 6:45 **Meet the Presenters** Dining Hall
 Documentary *Kiss the Ground* (90 mins) Library Lounge
- 7:30 **Setting Your Ranch Intention** (Can bring Dessert upstairs) Los Olivos
- 8:00 **An Evening with Truman Capote, Miles Davis, Allen Ginsberg, John Huston and Debbie Reynolds, with Larry Grobel** Oaktree

<u>MEAL HOURS</u>	
SATURDAY	
Breakfast	7:00 am to 9:00 am
Lunch	11:30 am to 3:30 pm
Dinner	5:30 pm to 7:30 pm
SUNDAY THROUGH FRIDAY	
Breakfast	7:30 am to 9:00 am
Lunch	12:00 pm to 1:30 pm
Dinner	5:30 pm to 7:30 pm
<u>SNACK TIMES</u>	
Main Lounge / Sunday – Friday	
Fruit: 10:30 am	
Smoothies: 2:45 pm (Sunday only)	
Veggies & Juice 4:30 pm	
Juice Bar /Monday-Friday	
Smoothies: 2:45 pm	

SUNDAY | May 29

Class spaces are limited to first come first served

- 6:15 **Mountain Hike: Pilgrim** Advanced Option of 3.5 or Challenging 4.5 Miles (Su,W) Gazebo
 6:30 **Mountain Hike: Alex's Oak** 2 Miles (Su) Gazebo
 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 7:30 **Fitness Concierge** 30 mins (Su) Villas Pool
 8:15 **Docent Led Tour and Orientation** Dining Hall
 Fitness Concierge 30 mins (Su) Dining Hall
- 9:00 **Feldenkrais** (Su,M,T) Tolteca
 Introduction to Circuit Training (Su) Azteca
 Introduction to Pilates Mat: Fundamentals Progressive (Su-F) Pinetree
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th also 10a Su) please wear court shoes Pickleball Courts
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo
- 10:00 **Chant** (Su,Th) Arroyo
 Dance: Zumba (Su) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Beginners (Su also 9am Su,T,Th) please wear shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,W,F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Stretch (Su,M) Oaktree
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Gyrokinesis® with Nancy Lepore** 75 mins (Su-F) Pinetree
 Pickleball: Intermediate (Su also 10a T,Th) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (Su,W,also 2p Su,F,& 3p Su) Pilates Studio
 Ranch Barre (Su,Th) Olmeca
 Shallow Water Workout (Su,T,Th also 2p M,W) Activity Pool
 Stretch (Su,T,Th) Oaktree
 TRX Fundamentals (Su,W) Tolteca
 Yoga: Level 2 75 mins (Su,T,F) Montaña
- 1:00 **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree
 Water Flow Therapy Demo South Pool
 The Great Microbiome: Our Greatest Ally for Optimal Health, with Norma Flood, MS, RDN Olmeca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,M,T,Th) Kuchumaa
 Deep Water Workout (Su,T,Th) Activity Pool
 Feldenkrais (Su) Oaktree
 Pilates Reformer: Fundamentals (Su,F also 11a Su,W & 3p Su) Pilates Studio
 Are You Living as a Human Being or as a Human Doing?, with Adriana Reid Arroyo
- 3:00 **Core Challenge** 30 mins (Su,W,F) Olmeca
 Pilates Reformer: Fundamentals (Su also 2p Su,F,& 11a Su,W) Pilates Studio
 Sound Healing (Su,M,T,Th,F) Oaktree
 Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Memoir Writing Workshop with Larry Grobel (Su,Tu,Th) Library Lounge
- 7:30 **Movie *Emma*** Library Lounge
 8:00 **Concert: Great American Piano Music from Scott Joplin and George Gershwin to Billy Joel, with George Lopez** Oaktree

MONDAY | May 30

Class spaces are limited to first come first served

- 6:15 **Mountain Hike: Professor's** challenging 3.3 (M,Th) Gazebo
 6:30 **Dove Meditation Hike** 1.2 Miles (M,W) Gazebo
 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 9:00 **Circuit Training** (M,W,Th,F) Azteca
 Feldenkrais (Su,M,T) Olmeca
 Meditation (Su-F) Oaktree
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Pump It – Barbell Strength: Level 2 (M,F) Tolteca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
 Ranch History Walk: Explore the roots of the Ranch and its rich history with Rob Larson (M) Gazebo
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Cardio Hip Hop: Body Rock (M) Kuchumaa
 Pilates Arc Barrel: Level 2 (M,Th) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmeca
 Stretch (Su,M) Oaktree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Bounce: mini trampoline** 30 mins (M,Th) Kuchumaa
 Cycle 30 - Hip Hop: All Levels 30 mins (M) Pai Pai
 Gyrokinesis® with Nancy Lepore 75 mins (Su-F) Pinetree
 H2O Bootcamp (M,W) Activity Pool
 Kettlebells 30 mins (M,F) Tolteca
 Pickleball: All Levels (M,W) please wear court shoes Pickleball Courts
 Vinyasa Flow Yoga: Level 2 75 mins (M,W,Th) Montaña
 Drawing with Jennifer 2 hours Art Studio
- 1:00 **The Top 10 Ways to Heal Your Gut & Maximize Your Microbiota! with Norma Flood, MS, RDN** Olmeca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,M,T,Th) Kuchumaa
 Balance & Coordination (M) Olmeca
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Shallow Water Workout (M,W also 11a Su,T,Th) Activity Pool
 Travel Journaling, with Jennifer 2 hours Art Studio
 It's all about Love, with Adriana Reid Arroyo
- 3:00 **Pilates Reformer: Level 2** (M,W,F) Pilates Studio
 Sound Healing (Su,M,T,Th,F) Oaktree
 Tai Chi (M,W) Montaña
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
- 5:00 **Fiesta at the Bazar! All invited! Sangría & guacamole** 60mins Bazar del Sol
- 6:15 **Silent Dinner** Sign up (M) Los Olivos (via Dining Hall balcony)
- 7:30 **Movie *News of the World*** Library Lounge
- 8:00 **Soul and Blues with King Taylor Project** Oaktree

TUESDAY | May 31

- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
 6:15 **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T, F) Gazebo
 6:30 **Mountain Trail Run** (2 to 4 Miles (T) Gazebo
 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00 **Bird Walk** (T,Th) Gazebo
 PLYOGA (T als 10a F) Olmeca
 Feldenkrais (Su,M,T) Tolteca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th also 10a Su) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Intro. to Salsa (T) Kuchumaa
 Pickleball: Intermediate (T,Th also 11a Su) please wear court shoes Pickleball Courts
 Pilates on the Ball: Level 2 (T) Olmeca
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Aqua Board** (T,Th also 2p T,Th) Central Pool
 Gyrokinesis® with Nancy Lepore 75 mins (Su-F) Pinetree
 Knitting for Wellness with David de la Paz 60 min Sign up Gazebo
 Ranch Ropes 30mins (T,F) Olmeca
 Shallow Water Workout (Su,T,Th also 2p M,W) Activity Pool
 Stretch (Su,T,Th) Oaktree
 Yoga: Level 2 75 mins (Su,T,F) Montaña
 Watercolor with Jennifer 2 hours Art Studio
- 1:00 **Epigenetics: Your DNA is NOT Your Destiny! with Norma Flood, MS, RDN** Olmeca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,M,T,Th) Kuchumaa
 Aqua Board (T,Th also 11a T,Th) Central Pool
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Collage Card Making with Jennifer 2 hours Art Studio
 In contact with your inner voice – Connection, with Adriana Reid Arroyo
- 3:00 **Ballet** (T,F) Pinetree
 Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
 Sound Healing (Su,M,T,Th,F) Oaktree
 Stability Ball 30 mins (T) Olmeca
- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Deborah Schneider. Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- Memoir Writing Workshop with Larry Grobel** (Su,Tu,Th) Library Lounge
- 7:30 **Movie *Queen Bees*** Library Lounge
- 8:00 **Our Best Years Ever Reimagined: Aging Courageously in Every Season of Life, with Ken Druck** Olmeca

WEDNESDAY | June 1

Class spaces are limited to first come first served

- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
- 6:15 **Mountain Hike: Pilgrim** Advanced Option of 3.5 or Challenging 4.5 Miles (S,W) Gazebo
- 6:30 **Dove Meditation Hike** 1.2 Miles (M,W) Gazebo
- 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo

- 9:00 **Circuit Training** (S,M,W,Th,F) Azteca
- Meditation** (Su-F) Oaktree
- Nature Walk** 60 mins (W,F) Gazebo
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (M,W) Tennis Courts

- 10:00 **Circuit Training** (M-F) Azteca
- Dance: Jazz!** (W) Kuchumaa
- Pilates Mat: Level 2** (Su,W,F) Pinetree
- Sculpt & Strengthen: Level 1** (M,W) Olmeca
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- TRX HIIT - Circuit** (W,F) Tolteca
- Yoga Fundamentals: All Levels** (Su -F) Montaña
- Landscape Garden Walk** (W) Gazebo

- 11:00 **Cardio Kickboxing** (W) Kuchumaa
- Cycle 30: All Levels** 30 mins (W) Pai Pai
- Gyrokinesis® with Nancy Lepore** 75 mins (Su-F) Pinetree
- H2O Bootcamp** (M,W) Activity Pool
- Pickleball: All Levels** (M,W also 10a F) please wear court shoes Pickleball Courts
- Pilates Reformer: Fundamentals** (Su,W also 2p Su,F, & 3p Su) Pilates Studio
- TRX Fundamentals** (Su,W) Tolteca
- Vinyasa Flow Yoga: Level 2** 75 mins (M,W,F) Montaña
- Landscape Sketching with Jennifer** 2 hours Art Studio

- 1:00 **Bringing it all together! How does Functional Medicine help YOU? with Norma Flood, MS, RDN** Olmeca
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge

- 2:00 **Dance: Cardio Dance** (W) Kuchumaa
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Shallow Water Workout** (M,W also 11a Su,T,Th) Activity Pool
- Travel Journaling with Jennifer** 2 hours Art Studio
- Free yourself from your inner blocks – Letting Go, with Adriana Reid** Arroyo

- 3:00 **Core Challenge** 30 mins (Su,W,F) Olmeca
- Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Sand Volleyball** (W) Sand Volleyball
- Tai Chi** (M,W) Montaña
- World Drumming** (W) Kuchumaa
- Healing The Losses of Our Lives, with Ken Druck** Arroyo

- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Deborah Schneider.** Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.

- 5:00 **Concert: George Lopez Plays Chopin** Oaktree

- 6:30 **Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo

- 7:30 **Movie *Dream Horse*** Library Lounge

- 8:00 **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, and Sarah Livia Brightwood Szekely, President of Rancho La Puerta: An Informal Question and Answer Session Hosted by Barry Shingle, Program Director** Oaktree

THURSDAY | June 2

- 6:05 **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Gazebo *Option to tour Professor Park / RLP Foundation, back by 9am. * Ride the van to and from the Ranch. Sign Up
- 6:10 **Mountain Hike: 7 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Gazebo
- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles (M,Th) Gazebo
- 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo

- 9:00 **Bird Walk** (T,Th) Gazebo
- BOSU® Fit** (Th) Olmeca
- Circuit Training** (M,W,Th,F) Azteca
- Meditation** (Su-F) Oaktree
- Pickleball: Beginner** (Su,T,Th also 10a Su) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña

- 10:00 **Chant** (Su,Th) Arroyo
- Circuit Training** (M-F) Azteca
- Dance: Move, Groove & Funk!** (Th) Kuchumaa
- Pickleball: Intermediate** (T,Th also 11a Su) please wear court shoes Pickleball Courts
- Pilates Arc Barrel: Level 2** (M,Th) Pinetree
- Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- Yoga Fundamentals: All Levels** (Su -F) Montaña

- 11:00 **Aqua Board** (T,Th also 2p T,Th) Central Pool
- Bounce: mini trampoline** 30 mins (M,Th) Kuchumaa
- Gyrokinesis® with Nancy Lepore** 75 mins (Su-F) Pinetree
- Ranch Barre** (Su,Th) Olmeca
- Shallow Water Workout** (Su,T,Th also 2p M,W) Activity Pool
- Stretch** (Su,T,Th) Oaktree
- Vinyasa Flow Yoga: Level 2** 75 mins (M,W,Th) Montaña
- Mandala with Jennifer** 1 hour Art Studio

- 12:30 **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance

- 1:00 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** (\$60 art kit fee) Sign up Dining Hall balcony
- Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg.

- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,M,T,Th) Kuchumaa
- Aqua Board** (T,Th also 11a T,Th) Central Pool
- Circuit Training** (T,Th) Azteca
- Deep Water** (Su,T,Th) Activity Pool
- Collage Card Making with Jennifer** 2 hours Art Studio
- Hike to The Residences, with Karla** 60 mins sign up Main Lounge
- How do I create my reality? – L.O.V.E, Connection and Letting Go, with Adriana Reid** Arroyo

- 3:00 **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio
- Sound Healing** (Su,M,T,Th,F) Oaktree
- Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- Life-Altering Guidelines for Families in the Second Half of Life, With Ken Druck** Arroyo

- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Restorative Yoga** (Su,T,Th) Montaña
- Art Exhibition with Tim Hinchliff** 90 mins Bazar del Sol
- Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg.
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Deborah Schneider.** Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- Memoir Writing Workshop with Larry Grobel** (Su,Tu,Th) Library Lounge

- 5:45 **Live the Bocuse d'Or Culinary Experience at Amores Restaurant– 8 course menu with wine pairings.** Sign up /Payment at Amores/ 10 minutes from the Ranch. Prompt departure 5:45 pm; back at the Ranch by 9 pm. Meet at Admin. Bldg.

- 7:15 **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:30 **Documentary *The Hidden Life of Trees*** Library Lounge
- 8:00 **More Soul and Blues with King Taylor Project** Oaktree

FRIDAY | June 3

Please sign up or confirm your return transportation at the Admin Building or Concierge Desk

- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
- 6:15 **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Gazebo
- 6:30 **Mountain Meditation Hike: Alex Oak** 2 miles (F) Gazebo
- 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo

- 9:00 **Circuit Training** (M,W,F) Azteca
- Meditation** (Su-F) Oaktree
- Nature Walk** 60 mins (W,F) Gazebo
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Pump It – Barbell Strength: Level 2** (M,F) Tolteca
- Stretch** (Su-F) Montaña

- 10:00 **Circuit Training** (M-F) Azteca
- Dance: Cardio Hip Hop – Flashback 90s** (F) Kuchumaa
- Pickleball: All Levels** (F also 11a M,W) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (Su,W,F) Pinetree
- PLYOGA** (F also 9a T) Olmeca
- TRX HIIT - Circuit** (W,F) Tolteca
- Yoga Fundamentals: All Levels** (Su -F) Montaña

- 11:00 **Cardio Boxing** (F) Kuchumaa
- Deep Water** (F) Activity Pool
- Gyrokinesis® with Nancy Lepore** 75 mins (Su-F) Pinetree
- Kettlebells** 30 mins (M,F) Tolteca
- Ranch Ropes** 30mins (T,F) Olmeca
- Yoga: Level 2** 75 mins (Su,T,F) Montaña

- 1:00 **How to Live Your Ranch Experience at Home** (F) Tolteca
- Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg.

- 2:00 **Pilates Reformer: Fundamentals** (Su,F also 11a T & 3p Su) Pilates Studio
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Waterpolo on the Noodle** (F) Activity Pool
- Knitting for Wellness with David de la Paz** 60 min Sign up Main Lounge
- An Afternoon of Stories with Larry Grobel** Gazebo

- 3:00 **Ballet** (T,F) Pinetree
- Core Challenge** 30 mins (Su,W,F) Olmeca
- Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Sound Healing** (Su,M,T,Th,F) Oaktree
- Cultivating the Practice of Self-Care and Self-Compassion, with Ken Druck** Arroyo

- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Where Am I? The fascinating natural history of Tecate, Baja California, & Mexico, with Mike Wilken** Olmeca

- 6:00 **Music with Rancho La Puerta Fiesta Band** Dining Hall

- 7:15 **Setting Your Return to Home Intention** (F) Los Olivos
- 7:30 **Documentary *The Truffle Hunters*** Library Lounge

Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall