

<b>At Sea</b>	<b>Embarkation</b>	
1:00pm – 8:00pm	Fitness Center Open House – Meet and Greet your Health & Fitness Directors and Discover the Gem Fitness Program	Fitness Center, Deck 12, fwd
5:00pm	Introduction to <b>GRAVITY Resistance And Strength Training</b>	Fitness Center, Deck 12, fwd
6:00pm	<b>Raffle Draw</b>	Fitness Center, Deck 12, fwd
<b>Day 2</b>	<b>At Sea</b>	
8:00am	Complimentary Early Morning Stretch	Fitness Center, Deck 12, fwd
8:30am	Body Waves YOGA (fee applies)	
10:00am	Complimentary Seminar: Secrets to a Flatter Stomach	
2:00pm	Complimentary Seminar: Detox for Health & Weight Loss	
3:30pm	Body Waves CYCLING (fee applies)	
4:30pm	Complimentary Aerobics	
5:00pm	Body Waves PILATES (fee applies)	
<b>Day 3</b>	<b>At Sea</b>	
8:00am	Complimentary Early Morning Stretch	Fitness Center, Deck 12 Fwd
8:30am	Body Waves PILATES (fee applies)	
10:00am	Body Waves YOGA (fee applies)	
11:00am	GRAVITY: Full Body Conditioning (fee applies)	
2:00pm	Complimentary Seminar: Eat more to Weigh Less	
4:15pm	Complimentary Fun Fitness Circuit	
5:30pm	Complimentary Walk a Mile	Meet Fitness Center, Deck 12 F
<b>Day 4</b>	<b>At Sea</b>	
8:00am	Complimentary Early Morning Stretch	Fitness Center, Deck 12 Fwd
9:00am	Body Waves YOGA (fee applies)	
11:00am	Complimentary Seminar: Burn Fat Faster	
2:00pm	GRAVITY: Full Body Conditioning (fee applies)	
3:00pm	Body Waves CYCLING (fee applies)	
4:30pm	Complimentary Fab Abs	
<b>Day 5</b>	<b>At Sea</b>	
8:00am	Complimentary Early Morning Stretch	Fitness Center, Deck 12 Fwd
8:30am	Body Waves PILATES (fee applies)	
11:00am	Complimentary Seminar: Detox for Health & Weight Loss	
2:00pm	Complimentary Seminar: Secrets to a Flatter Stomach	
3:00pm	Complimentary Total Body Conditioning	
5:00pm	Body Waves CYCLING (fee applies)	

<b>Day 6 9:00am - 3:00pm</b>	<b>Ponta Delgada, Azores</b>	
8:00am	Complimentary Early Morning Stretch	Fitness Center, Deck 12 fwd
8:30am	Complimentary Fun Fitness Circuit	
5:30pm	GRAVITY : Full Body Conditioning (fee applies)	
6:00pm	Body Waves YOGA (fee applies)	
<b>Day 7</b>	<b>At Sea</b>	
8:00am	Complimentary Early Morning Stretch	
8:30am	Body Waves PILATES (fee applies)	
11:00am	Complimentary Seminar: Health is Wealth "If you think Health is expensive, try Disease"	
2:00pm	Complimentary Seminar: Secrets to a flatter stomach	
3:00pm	Body Waves CYCLING (fee applies)	
5:30pm	GRAVITY: Full Body Conditioning (fee applies)	
<b>Day 8 8:00am - 5:00pm</b>	<b>Lisbon, Portugal</b>	
8:00am	Complimentary Early Morning Stretch	Fitness Center, Deck 12 fwd
8:30am	Complimentary Total Body Conditioning	
4:15pm	Complimentary Fab Abs	
5:30pm	Body Waves YOGA (fee applies)	
<b>Day 9 10:00am - 8:00pm</b>	<b>Cadiz, Spain</b>	
8:00am	Complimentary Early Morning Stretch	Fitness Center, Deck 12 fwd
8:30am	Complimentary Low Impact Step Aerobics Class	
5:30pm	GRAVITY: Full Body Conditioning (fee applies)	
<b>Day 10 8:00am - 6:00pm</b>	<b>Malaga</b>	
8:00am	Walk a mile	Meet Fitness Center, Deck 12 f
6:30am	Body Waves CYCLING (fee applies)	Fitness Center, Deck 12 fwd
<b>Day 11</b>	<b>At Sea</b>	
8:00am	Complimentary Early Morning Stretch	Fitness Center, Deck 12 fwd
8:30am	Body Waves PILATES (fee applies)	
11:00am	Complimentary Seminar: Eat More To Weigh Less	
2:00pm	Complimentary Seminar: Burn Fat Faster	
3:00pm	Body Waves Cycling (fee applies)	
5:30pm	Complimentary Evening Stretch	
<b>Day 12 8:00am - 6:00pm</b>	<b>Ajaccio, Corsica</b>	
8:00am	Complimentary Early Morning Stretch	Fitness Centre, Deck 12 fwd
9:00am	Body Waves YOGA (fee applies)	
5:30pm	Complimentary Walk a Mile	Meet Fitness Center, Deck 12 F
<b>Day 13 7:00am - 7:00pm</b>	<b>Civitavecchia, Italy</b>	
8:00am	Complimentary Early Morning Stretch	Fitness Centre, Deck 12 fwd
8:30am	Body Waves PILATES (fee applies)	
5:30pm	GRAVITY: Full Body Conditioning (fee applies)	
<b>Day 14 7:00am - 7:00pm</b>	<b>Livorno, Italy</b>	
8:00am	Complimentary Early Morning Stretch	Fitness Centre, Deck 12 fwd
8:30am	Complimentary Fab Abs	
<b>Day 15 7:00am - 3:00pm</b>	<b>Villefranche, France</b>	
8:00am	Walk a mile	Meet Fitness Centre, Deck 12 f
9:00am	Complimentary Total Body Conditioning	Fitness Centre, Deck 12 fwd
5:30pm	GRAVITY: Full Body Conditioning (fee applies)	