

# Sample CIA Boot Camp Schedule

Hyde Park, NY—Mornings	
6–6:45 a.m.	Breakfast
7–8:15 a.m.	Lecture
8:15–8:30 a.m.	Coffee Break
8:30–9:15 a.m.	Recipe Review
9:15 a.m.–12:30 p.m.	Demos/Production
12:45–1:30 p.m.	Lunch
1:30–1:45 p.m.	Review & Clean-up
6:30–8:30 p.m.	Dinner in a CIA restaurant on select evenings*

Hyde Park, NY—Evenings	
11:30 a.m. –1 p.m.	One afternoon includes lunch in a CIA restaurant*
2–3:15 p.m.	Lecture
3:15–3:30 p.m.	Break
3:30–4 p.m.	Recipe Review
4–7 p.m.	Demos/Production
7–7:45 p.m.	Dinner
7:45–8:30 p.m.	Review & Clean-up

St. Helena, CA—Mornings	
6:30–7 a.m.	Breakfast
7–8:15 a.m.	Lecture
8:15–8:30 a.m.	Coffee Break
8:30–9 a.m.	Recipe Review
9 a.m.–Noon	Demos/Production
Noon–12:45 p.m.	Lunch
12:45–1:30 p.m.	Review & Clean-up
6–9 p.m.	One evening includes dinner at the CIA or an off-site location when our restaurant is closed*

St. Helena, CA—Evenings	
11:30 a.m.–1 p.m.	One afternoon includes lunch at the CIA or an off-site location when our restaurant is closed*
2–3:15 p.m.	Lecture
3:15–3:30 p.m.	Break
3:30–4 p.m.	Recipe Review
4–7 p.m.	Demos/Production
7–7:45 p.m.	Dinner
7:45–8:30 p.m.	Review & Clean-up

San Antonio, TX—Mornings	
7-8:15 a.m.	Lecture
8:15-8:30 a.m.	Coffee Break
8:30-9:15 a.m.	Recipe Review
9:15 a.m.-12:30 p.m.	Demos/Production
12:45-1:30 p.m.	Lunch
1:30-1:45 p.m.	Review & Clean-up
6-9 p.m.	One evening includes dinner at the CIA*

San Antonio, TX—Evenings	
Noon-1:30 p.m.	One afternoon includes lunch provided by the CIA*
2-3:15 p.m.	Lecture
3:15-3:30 p.m.	Break
3:30-4 p.m.	Recipe Review
4-7 p.m.	Demos/Production
7-7:45 p.m.	Dinner
7:45-8:30 p.m.	Review & Clean-up

*\*You will receive a final schedule at Day 1 orientation  
Please note, schedules are subject to change.*