

LAGOS, PORTUGAL

FOUR NIGHTS

DAY ONE

Arrival from 12:00

13:00
Coastal bike ride

16:00
Core training

20:00
Dinner at Cascade

DAY TWO

07:00
Sunrise Revive | yoga-
inspired workout

08:30
Breakfast at Cascade

11:00
Outdoor strength
bootcamp

13:30
Lunch at Cascade

Free afternoon to relax

19:00
Dinner at Cascade

DAY THREE

05:30
Stand-up paddle boarding

Breakfast on the go

Free morning to relax

13:30
Lunch at Cascade

17:00
HIIT Athletic

Free evening to explore

DAY FOUR

07:00
Circuit training

08:30
Breakfast at Cascade

11:00
Scenic clifftop walk

Free afternoon to relax

18:00
Sunset Revive (yoga-
inspired workout)

20:00
Dinner at Barbosa in Lagos
town

DAY FIVE

07:30
HIIT Athletic

09:00
Breakfast at Cascade

Departure from 10:00

All meals outlined above are included in the price of your retreat.

We try and keep our retreats as close to this timetable as possible, but sometimes we need to make small adjustments.

LAGOS, PORTUGAL

THREE NIGHTS | NOVEMBER 2022

DAY ONE

Arrival from 12:00

13:00
Coastal bike ride

16:00
Core training

20:00
Dinner at Cascade

DAY TWO

07:00
Sunrise Revive | yoga-
inspired workout

08:30
Breakfast at Cascade

11:00
Outdoor strength
bootcamp

13:30
Lunch at Cascade

15:00
Scenic clifftop walk

19:00
Dinner at Cascade

DAY THREE

05:30
Stand-up paddle boarding

Breakfast on the go

Free morning to relax

13:30
Lunch at Cascade

17:00
HIIT Athletic

18:00
Sunrise Revive | yoga-
inspired workout

Free evening to explore

DAY FOUR

07:30
Circuit training

09:00
Breakfast at Cascade

Departure from 10:00

All meals outlined above are included in the price of your retreat.

We try and keep our retreats as close to this timetable as possible, but sometimes we need to make small adjustments.