

MYKONOS, GREECE

FIVE NIGHTS | 2023 RETREATS

WORKOUT AWAY | PREMIUM

DAY ONE

14:00	Guest arrivals
18:00	WORKOUT AWAY HIT
18:45	WORKOUT AWAY Revive
20:30	Dinner at Saint John

DAY TWO

07:00	WORKOUT AWAY RIVALS
09:00	Breakfast at Saint John
12:30	Lunch at Bowl Mykonos
15:00	Golden hour bike ride
	Free evening to explore

DAY THREE

07:30	WORKOUT AWAY Revive
09:00	Breakfast at Saint John
	Free morning and afternoon to relax
17:30	Golden hour run
20:00	Dinner at Hippie Fish

DAY FOUR

09:00	Breakfast at Saint John
11:00	Core training
	Free afternoon to relax
18:00	WORKOUT AWAY HIT
20:00	Dinner at Saint John

DAY FIVE

07:00	WORKOUT AWAY RIVALS
09:00	Breakfast at Saint John
	Free morning to relax
13:00	Lunch at Bowl Mykonos
18:00	WORKOUT AWAY Revive
	Free evening to explore

DAY SIX

07:00	The people's choice workout
09:00	Breakfast at Saint John
11:00	Check-out & departures
	Guests are welcome to remain at the resort and store bags if their flight departs later in the day.
	Shower and change facilities are available.

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.