

# MALLORCA, ILLES BALEARS

FOUR NIGHTS | 2024 RETREATS

DAY ONE		DAY TWO		DAY THREE		DAY FOUR		DAY FIVE	
		<b>07:00</b>	WORKOUT AWAY <b>RIVALS</b>	<b>08:00</b>	WORKOUT AWAY <b>HIT</b>	<b>09:00</b>	Breakfast at the resort	<b>08:00</b>	WORKOUT AWAY <b>tricore</b>
		<b>09:00</b>	Breakfast at the resort	<b>09:00</b>	Breakfast at the resort		Relaxing morning to recuperate	<b>09:00</b>	Breakfast at the resort
<b>14:00</b>	Guest arrivals		Free morning to relax	<b>12:00</b>	WORKOUT AWAY <b>Revive</b>	<b>10:00</b>	Team Coastal Walk	<b>11:00</b>	Guest departures
<b>16:00</b>	WORKOUT AWAY <b>SKILL</b>	<b>13:00</b>	Lunch at the resort	<b>13:00</b>	Lunch at the resort	<b>13:00</b>	Lunch at the resort		
			Free afternoon to relax	<b>14:00</b>	Private boat trip with picnic & Prosecco	<b>15:00</b>	Afternoon to enjoy some rest		
<b>17:00</b>	WORKOUT AWAY <b>HIT</b>	<b>17:30</b>	Team Run		Afternoon of exploring on the boat	<b>18:00</b>	WORKOUT AWAY <b>RIVALS</b>		
<b>18:00</b>	WORKOUT AWAY <b>Revive</b>	<b>18:00</b>	WORKOUT AWAY <b>tricore</b>			<b>20:00</b>	Dinner at the resort		
<b>20:00</b>	Dinner at the resort	<b>20:00</b>	Dinner at the resort	<b>20:00</b>	Dinner at the resort	<b>20:00</b>	Dinner at the resort		

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.