

# MYKONOS, GREECE

## FIVE NIGHTS

WORKOUT AWAY | PREMIUM

### DAY ONE

Arrivals from 12:00  
HIIT Athletic workout  
Sunset yoga  
Dinner at local restaurant

### DAY TWO

Sunrise circuit training  
Breakfast at the hotel  
Lunch at local restaurant  
Free afternoon  
Late afternoon island bike ride  
Free evening

### DAY THREE

Sunrise Revive - Yoga inspired workout  
Breakfast at the hotel  
Free morning  
Free afternoon  
Sunset run  
Dinner at local restaurant

### DAY FOUR

Breakfast at the hotel  
Free morning  
Core training  
Free afternoon  
HIIT Athletic workout  
Dinner at local restaurant

### DAY FIVE

Strength and conditioning  
Breakfast at the hotel  
Free morning  
Lunch at local restaurant  
Sunset revive - Yoga inspired workout  
Free evening

### DAY SIX

HIIT Athletic workout  
Breakfast at the hotel  
Departures from 10:00

Please note that activities are subject to change - All meals outlined above are included