

# LAGOS, PORTUGAL

FOUR NIGHTS | OCTOBER 2022

## DAY ONE

Arrival from **14:00**

**16:00**  
HIIT Athletic

**16:45**  
Revive | yoga-inspired  
workout

**20:00**  
Dinner at Cascade

## DAY TWO

**08:00**  
Breakfast at Cascade

**09:00**  
Coastal bike ride

**13:30**  
Lunch at Cascade

**16:00**  
Outdoor bootcamp

**19:00**  
Dinner at Cascade

## DAY THREE

**07:00**  
Circuit training

**08:30**  
Breakfast at Cascade

Free morning to relax

**12:00**  
Lunch at Cascade

**13:00**  
Stand-Up paddleboarding

Free evening to explore

## DAY FOUR

**07:00**  
Strength & conditioning

**08:30**  
Breakfast at Cascade

**11:00**  
HIIT Athletic

Free afternoon to relax

**18:00**  
Golden hour revive | yoga-  
inspired workout

**20:00**  
Dinner at Barbosa in Lagos  
town

## DAY FIVE

**07:30**  
Core training

**08:00**  
Revive | yoga-inspired  
workout

**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

**16:00**  
HIIT Athletic Workout

**16:45**  
Revive | yoga-inspired  
workout

**20:00**  
Dinner at Cascade

## DAY TWO

**08:00**  
Breakfast at Cascade

**09:00**  
Lagos bike ride tour

**13:30**  
Lunch at Cascade

Free time to relax

**16:00**  
Outdoor strength  
bootcamp

**19:00**  
Dinner at Cascade

## DAY THREE

**07:00**  
Stand-up paddle boarding

Breakfast on the go

Free morning to relax

**13:30**  
Lunch at Cascade

**17:00**  
HIIT Athletic

**18:00**  
Sunset Revive | yoga-  
inspired workout

Free evening to explore

## DAY FOUR

**07:30**  
Circuit training

**09:00**  
Breakfast at Cascade

Departure from 10:00

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