

CORNWALL, UK

WORKOUT AWAY | PREMIUM

FOUR NIGHTS

DAY ONE

Arrivals from
12pm

Coastal walk to
Maenporth

HIIT Athletic
workout

Stretching

Dinner at the
St Michaels Resort

DAY TWO

Breakfast at the
hotel

Surf school

Lunch at the
St Michaels Resort

Free afternoon

HIIT Athletic
workout

Free evening

DAY THREE

Beach circuit
training

Breakfast at the
hotel

Core training

Free evening

DAY FOUR

Breakfast at the
hotel

Stand-up paddle
boarding

HIIT Athletic
workout

Hydrothermal spa
experience

Dinner at the
St Michaels Resort

DAY FIVE

Revive -
Yoga-inspired
workout

Breakfast at the
hotel

Departures from
10am

All meals, workouts and activities outlined above are included
The timetable is subject to change due to weather and other factors