

RHODES GREECE

WORKOUT AWAY | PREMIUM

FIVE NIGHTS | 2024 RETREATS

DAY ONE

- | | |
|--------------|-------------------------------|
| 14:00 | Guest arrivals |
| 18:00 | WORKOUT AWAY
HOT |
| 18:45 | WORKOUT AWAY
Revive |
| 20:30 | Dinner at the Elissa Resort |

DAY TWO

- | | |
|--------------|--------------------------------|
| 07:30 | WORKOUT AWAY
RIVALS |
| 09:00 | Breakfast at the Elissa Resort |
| | Free morning to relax |
| 18:00 | WORKOUT AWAY
HOT |
| 20:00 | Dinner at the Elissa Resort |

DAY THREE

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|--------------|-------------------------------------|
| 07:30 | WORKOUT AWAY
Revive |
| 09:00 | Breakfast at the Elissa Resort |
| | Free morning and afternoon to relax |
| 18:00 | Golden hour run |
| 20:00 | Dinner at the Elissa Resort |

DAY FOUR

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|--------------|--------------------------------|
| 09:00 | Breakfast at the Elissa Resort |
| 11:00 | Private Boat Trip |
| | Exploring all day |
| 18:00 | Core training |
| 20:00 | Dinner at the Elissa Resort |

DAY FIVE

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|--------------|--------------------------------|
| 07:30 | WORKOUT AWAY
RIVALS |
| 09:00 | Breakfast at the Elissa Resort |
| | Free morning to relax |
| 17:00 | WORKOUT AWAY
Revive |
| 19:00 | Dinner at the Elissa Resort |

DAY SIX

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| 07:00 | WORKOUT AWAY
RIVALS |
| 09:00 | Breakfast at the Elissa Resort |
| 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.