

LAGOS, PORTUGAL

FOUR NIGHTS | 2023 RETREATS

DAY ONE

- 14:00** Guest arrivals
- 16:00** WORKOUT AWAY
HOT 
- 16:45** WORKOUT AWAY
Revive 
- 19:30** Apéritif
- 20:00** Dinner at Cascade



DAY TWO

- 08:00** Breakfast at Cascade
- 09:00** Lagos bike ride tour
- 13:30** Lunch at Cascade
- 16:00** WORKOUT AWAY
RIVALS 
- 19:00** Dinner at Cascade

DAY THREE

- 07:00** WORKOUT AWAY
RIVALS 
- 08:30** Breakfast at Cascade
- Free morning to relax
- 12:00** Lunch at Cascade
- 13:30** Stand-up paddleboarding
- Free evening to explore

DAY FOUR

- 07:30** WORKOUT AWAY
HOT 
- 09:00** Breakfast at Cascade
- Free morning to relax
- Free afternoon to relax
- 16:30** Core training
- 17:00** WORKOUT AWAY
Revive 
- 20:00** Dinner at Barbosa in Lagos Old Town

DAY FIVE

- 08:00** The people's choice workout
- 09:00** Breakfast at Cascade
- 12:00** 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.