

SOUTH COAST, UK

TWO NIGHTS | 2023 RETREATS



DAY ONE

- 12:30 Guest arrivals
- 13:00 Coastal bike ride
- 17:00  Revive
- 19:00 Dinner at the Cliff House

DAY TWO

- 07:00  Rivals
- 08:30 Breakfast at the Cliff House
- 10:00 Stand-up paddleboarding
- Walk back to the Cliff House
- 17:00  HOT
- 17:30 Core training
- 19:00 Dinner at the Cliff House

DAY THREE

- 07:00 The people's choice workout
- 08:30 Breakfast at the Cliff House
- 10:00 Check-out & departures
- Guests are welcome to remain on the South Coast and store bags if they would like to depart later in the day

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.