

LAGOS, PORTUGAL

FOUR NIGHTS | 2024 RETREATS

DAY ONE

- 14:00** Guest arrivals
- 15:00** WORKOUT AWAY
SKILL
- 16:00** WORKOUT AWAY
HIT
- 16:45** WORKOUT AWAY
Revive
- 19:30** Apéritif
- 20:00** Dinner at Cascade

DAY TWO

- 08:00** WORKOUT AWAY
tricore
- 09:00** Breakfast at Cascade
- 10:00** Half-day Lagos Old Town & clifftop bike ride tour
- 14:00** Relaxing time back at the resort
- 16:00** WORKOUT AWAY
RIVALS
- 20:00** Dinner at Cascade

DAY THREE

- 07:30** WORKOUT AWAY
HIT
- 08:15** Breakfast at Cascade
- Free morning to relax
- 12:00** Lunch at Cascade
- 13:30** Stand-up paddleboarding
- Free evening to relax & explore after a couple of busy days

DAY FOUR

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

DAY FIVE

- 08:00** WORKOUT AWAY
tricore
- 09:00** Breakfast at Cascade
- 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.