

# SOUTH GOA, INDIA

## SEVEN NIGHTS



### DAY ONE

Arrivals from 12:00

HIIT athletic workout

Sunset yoga

Dinner at The Kenilworth

### DAY TWO

Morning circuit training

Breakfast at The Kenilworth

Free afternoon

Core training

Dinner at The Kenilworth

### DAY THREE

HIIT power

Breakfast at The Kenilworth

Lunch at The Kenilworth

Sunset beach run

Sunset Revive - Yoga inspired workout

Free evening

### DAY FOUR

Morning yoga

Breakfast at The Kenilworth

Local activity

Circuit training

Dinner at The Kenilworth

### DAY FIVE

Breakfast at The Kenilworth

Free morning

Core training

Sunset Revive - Yoga inspired workout

Dinner at The Kenilworth

### DAY SIX

HIIT athletic workout

Breakfast at The Kenilworth

Free afternoon

Free evening

### DAY SEVEN

Sunrise stretch and tone

Breakfast at The Kenilworth

Lunch at The Kenilworth

Strength and conditioning

Free evening

### DAY EIGHT

Sunrise Revive - Yoga inspired workout

Breakfast at The Kenilworth

Departures from 10:00

Please note that activities are subject to change - All meals outlined above are included