

RHODES GREECE

WORKOUT AWAY | PREMIUM

FIVE NIGHTS | 2024 RETREATS

DAY ONE

14:00	Guest arrivals
17:00	WORKOUT AWAY SKILL
18:00	WORKOUT AWAY HOT
18:45	WORKOUT AWAY <i>Revive</i>
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 <i>tricore</i>
20:00	Dinner at the Elissa Resort

DAY THREE

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

DAY FOUR

08:00	WORKOUT AWAY <i>tricore</i>
09:00	Breakfast at the Resort
12:00	WORKOUT AWAY <i>Revive</i>
14:00	Private Boat Trip
	Afternoon of exploring
20:00	Dinner at the Elissa Resort

DAY FIVE

07:30	WORKOUT AWAY RIVALS
09:00	Breakfast at the Elissa Resort
	Free morning to relax
17:00	WORKOUT AWAY <i>Revive</i>
19:00	Dinner at the Elissa Resort

DAY SIX

07:00	WORKOUT AWAY <i>tricore</i>
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.