

### day one

|       |                               |
|-------|-------------------------------|
| 15:00 | Guest arrivals                |
| 18:00 | WORKOUT AWAY<br><b>HIT</b>    |
| 18:45 | WORKOUT AWAY<br><i>Revive</i> |
| 20:00 | Dinner at the resort          |

### day two

|               |                                |
|---------------|--------------------------------|
| 07:00         | WORKOUT AWAY<br><b>RIVALS</b>  |
| 08:30         | Breakfast at the resort        |
| 10:30         | Team run                       |
| 12:00 - 14:30 | Lunch at the resort            |
| 18:30         | WORKOUT AWAY<br><b>tricore</b> |
| 20:00         | Dinner at the resort           |

### day three

|               |                               |
|---------------|-------------------------------|
| 07:00         | WORKOUT AWAY<br><i>Revive</i> |
| 08:30         | Breakfast at the resort       |
| 10:30         | WORKOUT AWAY<br><b>RIVALS</b> |
| 12:00 - 14:30 | Lunch at the resort           |
| 18:30         | WORKOUT AWAY<br><b>HIT</b>    |
| 20:00         | Dinner at Zorbas Greek Tavern |

### day four

|               |                               |
|---------------|-------------------------------|
| 08:30         | Breakfast at the resort       |
| 10:30         | Team run                      |
| 12:00 - 14:30 | Lunch at the resort           |
|               | Chilled afternoon             |
| 18:30         | WORKOUT AWAY<br><b>RIVALS</b> |
| 20:00         | Dinner at the resort          |

### day five

|               |                               |
|---------------|-------------------------------|
| 08:00         | WORKOUT AWAY<br><i>Revive</i> |
| 09:30         | Breakfast at the resort       |
|               | Chilled morning               |
| 12:00 - 14:30 | Lunch at the resort           |
|               | Chilled afternoon             |
| 20:00         | Dinner at the resort          |

### day six

|       |   |
|-------|---|
| 07:00 | WORKOUT AWAY<br><b>tricore</b>  |
| 09:30 | Breakfast at the 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. |

Sunrise | 06:00  
Sunset | 20:30

Everything on this timetable is included in this all-inclusive fitness retreat. Guests need to arrange their own flights and transfers.