

# CORNWALL, UK

WORKOUT AWAY | PREMIUM

## FOUR NIGHTS

### DAY ONE

Arrivals from  
12pm

HIIT Athletic  
workout

Stretching

Dinner at the  
St Michaels Resort

### DAY TWO

Breakfast at the  
hotel

Surf school

Lunch at the  
St Michaels Resort

Free afternoon

HIIT Athletic  
workout

Free Evening

### DAY THREE

Beach circuit  
training

Breakfast at the  
hotel

Core training

Free afternoon  
and evening

### DAY FOUR

Breakfast at the  
hotel

Stand-up paddle  
boarding

HIIT Athletic  
workout

Hydrothermal spa  
experience

Dinner at the  
St Michaels Resort

### DAY FIVE

Revive - Yoga  
inspired workout

Breakfast at the  
hotel

Departures from  
10am

All meals, workouts and activities outlined above are included  
The timetable is subject to change due to weather and other factors