

# MALLORCA, ILLES BALEARS

FOUR NIGHTS | 2024 RETREATS

DAY ONE		DAY TWO		DAY THREE		DAY FOUR		DAY FIVE	
		<b>07:00</b>	WORKOUT AWAY <b>HOT</b>	<b>07:00</b>	WORKOUT AWAY <b>RIVALS</b>	<b>09:00</b>	Breakfast at the resort	<b>08:00</b>	WORKOUT AWAY <b>RIVALS</b>
		<b>09:00</b>	Breakfast at the resort	<b>09:00</b>	Breakfast at the resort		Relaxing morning to recuperate	<b>09:00</b>	Breakfast at the resort
			Free morning to relax	<b>11:00</b>	Private Boat Trip	<b>13:00</b>	Lunch at the resort	<b>11:00</b>	Guest departures
<b>14:00</b>	Guest arrivals	<b>13:00</b>	Lunch at the resort		Exploring all day		Afternoon to enjoy some rest		
			Free afternoon to relax	<b>19:00</b>	Golden Hour Core Blast	<b>15:00</b>	Team Coastal Walk		
<b>17:00</b>	WORKOUT AWAY <b>RIVALS</b>	<b>17:30</b>	Team Run			<b>19:00</b>	WORKOUT AWAY <b>HOT</b>		
<b>18:00</b>	WORKOUT AWAY <b>Revive</b>	<b>18:00</b>	WORKOUT AWAY <b>Revive</b>	<b>20:00</b>	Dinner at the resort	<b>20:00</b>	Dinner at the resort		
<b>20:00</b>	Dinner at the resort	<b>20:00</b>	Dinner at the resort						

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.