

Cardio, Core & Culture in Portugal's Capital

Lisbon, Portugal | Two Nights

Day One

14:00 Guest Arrivals

15:00 WORKOUT AWAY
tricore

16:00 WORKOUT AWAY
HITT

17:45 WORKOUT AWAY
Revive

20:00 Dinner at the hotel

Day Two

07:00 WORKOUT AWAY
Revive

08:00 Breakfast at the hotel

10:00 WORKOUT AWAY
RUN CLUB

13:00 Lisbon walking city tour
with our local guide

17:00 WORKOUT AWAY
HITT

17:45 WORKOUT AWAY
tricore

20:00 Dinner at the hotel

Day Three

07:00 WORKOUT AWAY
Revive

08:00 Breakfast at the hotel

09:30 WORKOUT AWAY
RUN CLUB

11:00 Check-out & departures

Guests are welcome to remain at the hotel and store bags if their flight departs later in the day.

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.