

CORNWALL, UK

FIVE NIGHTS

WORKOUT AWAY | PREMIUM

DAY ONE

Arrivals from 12pm

Coastal walk to Maenporth

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

Free morning

Revive -
Yoga-inspired workout

Free 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

Beach circuit training

Breakfast at the hotel

Free morning

Lunch at the
St Michaels Resort

Free afternoon

Core training

Free evening

DAY SIX

Revive -
Yoga-inspired workout

Breakfast at the hotel

Departures from 10am

Please note that activities are subject to change - All meals outlined above are included