

MYKONOS, GREECE

FIVE NIGHTS

WORKOUT AWAY | PREMIUM

DAY ONE

from 12:00 | Arrivals

17:30 | HIIT Athletic workout

18:00 | Sunset Revive | Yoga inspired workout

20:00 | Dinner at the Saint Johns

DAY TWO

07:00 | Sunrise circuit training

09:00 | Breakfast at the hotel

13:00 | Lunch at Bowl Mykonos

Free afternoon

15:00 | Late afternoon island bike ride

Free evening

DAY THREE

07:00 | Sunrise Revive | Yoga inspired workout

09:00 | Breakfast at the hotel

Free morning

Free afternoon

17:30 | Sunset run

20:00 | Dinner at Hippy Fish

DAY FOUR

09:00 | Breakfast at the hotel

Free morning

11:00 | Core training

Free afternoon

18:30 | HIIT Athletic workout

20:00 | Dinner at the Saint Johns

DAY FIVE

07:00 | Strength and conditioning

09:00 | Breakfast at the hotel

Free morning

13:00 | Lunch at Bowl Mykonos

18:00 | Sunset revive | Yoga inspired workout

Free evening

DAY SIX

07:30 | HIIT Athletic workout

09:00 | Breakfast at the hotel

From 10:00 | Departures

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