

# Fitness Camp Program



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 - 08:30		Yoga	Yoga		Yoga		
08:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:30 - 11:00	CrossFit	CrossFit			CrossFit	CrossFit	
11:00 - 12:00	Dance	Dance	BeachWod	Day of Rest	Dance	Dance	
13:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:00 - 16:00				Day of Rest			
16:00 - 17:00	Pool Workout (30min)		Dance			Boxing	
17:00 - 18:00		Bodytoning/Metcon	CrossFit		Metcon 17-17:30	Marbella Warrior	
18:30	Dinner	Dinner	Dinner	Dinner	Dinner 19:00	Dinner	
20:00 - 21:00	CrossFit	CrossFit by Night			Cozy Grill		
21:00 - 22:00	Welcome by the pool						



Martin  
CrossFit - TRX



Stephanie  
Boxing & Fight  
Circuit



Susanne  
Fit&Shake



Lena  
Managing Director &  
Partner



Monica  
Yoga



Sini  
Sports Massage  
Therapist



Frank  
Founder & Personal  
Trainer