



GET MOTIVATED CAMP

Camp Schedule

GetMotivated	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 - 08:30		Yoga	Yoga		Yoga		
08:30	Breakfast + info	Breakfast	Breakfast	Breakfast		Breakfast	
09:00					Breakfast		Breakfast
09:30 - 11:00		Get Motivated	Beach WOD	Day of rest		Get Motivated	Check-out
11:00 - 12:30	Get Motivated		Beach WOD		Get Motivated		
13:00		Lunch		Lunch		Lunch	
13:30	Lunch		Lunch		Lunch		
16:30 - 17:30		Get Motivated	Boxing			Workout*	
17:30 - 18:30	Get Motivated				Get Motivated 17-18	Workout	
18:30		Dinner					
19:00	Dinner		Dinner	Dinner	BBQ	Dinner	
20:00 - 21:00	Sangria by the pool		Get Motivated 20:30		BBQ PARTY	Goodbye in restaurant	

*90 minutes Joined Workout at 16:30

Beach Wod - we leave from outside the restaurant at 09:15