

The GOOD LIFE with Nadia El Ferdaoussi

sample class schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00	Run / walk *	Yoga		Run / walk *	Yoga		
09:00	Breakfast + info	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
							Check-out
11:30 - 12:30	Functional / Metcon	Group Padel tennis	Day of rest	Functional / Metcon	Mountain trip	Mobility/strength	
					La Concha		
13:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
16:00 - 17:00	Team Games	KickBoxing		Zumba		KickBoxing	
17:00 - 18:00			Day of rest				
18:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
19:30 - 20:30		Mobility/strength					
21:00	Sangria by the pool					Goodbye in restaurant 19:00	

*We meet by the main gate

* note that actual times and classes may vary



Nadia
Host



Esteban
Functional & Master
Trainer



Lena
Managing Director &
Partner



Sini
Sports Massage Therapist



Shaun
Kickboxing/Boxing Head
Trainer/Owner at Impact
Gym Marbella



Frank
Founder & Personal
Trainer