



*\* note that actual times and classes may vary*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00			Run *		Yoga	Run*	Yoga	
09:00		<b>Breakfast + info</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
10:00 - 11:00								Check-out
11:30 - 12:30		Functional / Metcon	Functional / Metcon	Day of rest	Functional / Metcon	Mountain trip	Mobility/strength	
						La Concha		
13:30		<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
16:00 - 17:00		Team Games	KickBoxing		Surprise	Mobility/strength	KickBoxing	
17:00 - 18:00				Day of rest				
18:30	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	
19:30 - 20:30	Yoga	Yoga	Mobility/strength		Yoga			
21:00		<b>Sangria by the pool</b>					<b>Goodbye in restaurant 19:00</b>	

\*We meet by the main gate



Nadia  
Host



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



Sini  
Sports Massage Therapist



Lena  
Managing Director &  
Partner



Isabella  
Yoga Instructor



Frank  
Founder & Personal  
Trainer