

SOUTH COAST, UK

TWO NIGHTS | 2024 RETREATS



DAY ONE

- 12:00 Guest arrivals
- 13:00 WORKOUT AWAY
SKILL
- 14:00 WORKOUT AWAY
HIT
- 15:00 Clifftop Walk
- 18:30 WORKOUT AWAY
Revive
- 20:00 Dinner at the Cliff House

DAY TWO

- 07:00 WORKOUT AWAY
RIVALS
- 08:30 Breakfast at the Cliff House
- 10:00 Stand-up paddleboarding
- Walk back to the Cliff House
- 17:00 WORKOUT AWAY
tricore
- 18:00 WORKOUT AWAY
Revive
- 20:00 Dinner at the Cliff House

DAY THREE

- 07:00 WORKOUT AWAY
HIT
- 08:30 Breakfast at the Cliff House
- 10:00 Check-out & departures
- 10:30 WORKOUT AWAY
tricore
- Guests are welcome to remain on the South Coast and store bags if they would like to depart later in the day

All meals outlined above are included in the price of your retreat.

We try and keep our retreats as close to this timetable as possible, but sometimes we need to make small adjustments.