

Fitness Retreat in Crete, Greece

Five Nights

WORKOUT AWAY™

Day One

Tuesday

| | |
|-------|--------------------------------------|
| 15:00 | Guest Arrivals |
| | Meet your Retreat Hosts & Retreaters |
| 16:30 | WORKOUT AWAY SKILL |
| 17:00 | WORKOUT AWAY HIT |
| 17:45 | WORKOUT AWAY Revive |
| 20:00 | Dinner at the resort |

Day Two

Wednesday

| | |
|-------|---------------------------------|
| 07:30 | WORKOUT AWAY RIVALS |
| 09:00 | Breakfast at the resort |
| 11:00 | WORKOUT AWAY RUN CLUB |
| | Free afternoon to relax |
| 17:15 | WORKOUT AWAY tricore |
| 18:00 | WORKOUT AWAY Revive |
| 20:00 | Dinner at the resort |

Day Three

Thursday

| | |
|-------|-----------------------------------------|
| 08:00 | WORKOUT AWAY HIT |
| 09:00 | Breakfast at the resort |
| 11:00 | WORKOUT AWAY RUN CLUB |
| | Free afternoon to relax |
| 17:30 | WORKOUT AWAY RIVALS |
| 20:00 | Dinner at the Captain's House, Panormos |

Day Four

Friday

| | |
|--------------|-----------------------------------------------------------------------------------|
| 07:30 |  |
| 08:15 |  |
| 09:00 | Breakfast at the resort |
| | Time to relax at the resort |
| 14:00 | Private Boat Trip |
| | Afternoon of exploring |
| 19:00 | Dinner at the resort |

Day Five

Saturday

| | |
|--------------|---------------------------------------------------------------------------------------|
| 07:30 |  |
| 09:00 | Breakfast at the resort |
| 11:00 |  |
| | Free afternoon to relax |
| 17:00 |  |
| 18:00 |  |
| 20:00 | Dinner at the resort |

Day Six

Sunday

| | |
|--------------|-----------------------------------------------------------------------------------------------------|
| 07:30 |  |
| 09:00 | Breakfast at the resort |
| 11:00 | Check-out & departures |
| | Guests are welcome to remain at the resort and store bags if their flight departs later in the day. |
| | Shower and change facilities are available. |

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.