

Fitness Retreat on the South Coast, England

Two Nights

WORKOUT AWAY™

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.