

Mallorca, Balearic Islands

Four Nights

WORKOUT AWAY™

Day One

Wednesday

15:00	Guest Arrivals
16:00	Meet your Retreat Hosts & Retreaters
16:30	WORKOUT AWAY SKILL
17:00	WORKOUT AWAY HITT
18:00	WORKOUT AWAY Revive
20:00	Dinner at the resort

Day Two

Thursday

07:30	WORKOUT AWAY RIVALS
09:00	Breakfast at the resort
11:00	WORKOUT AWAY RUN CLUB
13:00	Lunch at the resort
	Free afternoon to relax
17:15	WORKOUT AWAY tricore
18:00	WORKOUT AWAY Revive
20:00	Dinner at the resort

Day Three

Friday

08:00	WORKOUT AWAY HITT
09:00	Breakfast at the resort
11:00	WORKOUT AWAY RUN CLUB
13:00	Lunch at the resort
	Afternoon to explore
17:30	WORKOUT AWAY RIVALS
18:30	WORKOUT AWAY Revive
20:00	Dinner at the resort

Day Four

Saturday

07:30	WORKOUT AWAY RIVALS
08:30	WORKOUT AWAY Revive
09:30	Breakfast at the resort
10:30	Private boat trip with Tapas, Beer & Vino
	Afternoon of exploring on the boat
19:00	Dinner at the resort

Day Five

Sunday

08:00	WORKOUT AWAY tricore
09:00	Breakfast at the resort
11:00	Guest departures

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.