

# Fitness Retreat in Crete, Greece

Five Nights

WORKOUT AWAY™

## Day One

14:00	Guest arrivals
17:00	WORKOUT AWAY <b>SKILL</b>
18:00	WORKOUT AWAY <b>HOT</b>
18:45	WORKOUT AWAY <i>Revive</i>
20:30	Dinner at the Creta Marine

## Day Two

07:30	WORKOUT AWAY <b>RIVALS</b>
09:00	Breakfast at the resort
11:00	Team run to Panormos
18:00	WORKOUT AWAY <i>tricore</i>
20:00	Dinner at the Creta Marine

## Day Three

07:30	WORKOUT AWAY <b>HOT</b>
09:00	Breakfast at the resort
13:00	Lunch at the Creta Marine
16:30	WORKOUT AWAY <b>RIVALS</b>
19:00	Dinner at the Captain's House

## Day Four

08:00	WORKOUT AWAY <i>tricore</i>
09:00	Breakfast at the Resort
11:00	WORKOUT AWAY <i>Revive</i>
14:00	Private Boat Trip
	Afternoon of exploring
20:00	Dinner at the Creta Marine

## Day Five

07:30	WORKOUT AWAY <b>RIVALS</b>
09:00	Breakfast at the resort
11:00	Team run to Panormos
17:00	WORKOUT AWAY <i>Revive</i>
19:00	Dinner at the Creta Marine

## Day Six

07:00	WORKOUT AWAY <i>tricore</i>
09:00	Breakfast at the resort
	Check-out & departures
11:00	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.