

# Fitness Retreat in Rhodes, Greece

Five Nights

WORKOUT AWAY™

## Day One

Tuesday

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

## Day Two

Wednesday

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

## Day Three

Thursday

08:00	WORKOUT AWAY <b>HOT</b>
09:00	Breakfast at the resort
11:00	WORKOUT AWAY <b>RUN CLUB</b>
	Free afternoon to relax
17:30	WORKOUT AWAY <b>RIVALS</b>
18:30	WORKOUT AWAY <b>Revive</b>
20:00	Dinner at the resort



## Day Four

Friday

07:30

WORKOUT AWAY  
tricore

08:15

WORKOUT AWAY  
Revive

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

WORKOUT AWAY  
RIVALS

09:00

Breakfast at the resort

11:00

WORKOUT AWAY  
tricore

Free afternoon to relax

17:00

WORKOUT AWAY  
RUN CLUB

18:00

WORKOUT AWAY  
Revive

20:00

Dinner at the resort

## Day Six

Sunday

07:30

WORKOUT AWAY  
tricore

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.