

# FULHAM RETREAT

Algarve, Portugal | Three Nights

## DAY ONE

**Arrivals from 3pm**

**17:00**

Circuit Training  
Emily & Luke

**17:00**

Sundown Pilates Session  
Jodie

**20:00**

Dinner at the Cascade Resort

## DAY TWO

**05:00**

Sunrise Stand-Up Paddle  
Boarding  
Group One

**09:00**

Circuit Training  
Emily & Luke

**10:15**

Circuit Training  
Emily & Luke

**13:00**

Lunch at the Cascade Resort

**16:00**

Golden Hour Run  
Luke

**19:30**

Dinner at the Cascade Resort

## DAY THREE

**05:00**

Sunrise Stand-Up Paddle  
boarding  
Group Two

**09:00**

Circuit Training  
Nev & Luke

**10:15**

Circuit Training  
Nev & Luke

**16:00**

Circuit Training  
Jodie & Emily

**16:00**

Sundown Pilates Session  
Jodie

## DAY FOUR

**08:00**

The People's Choice  
Farewell Workout  
with the full coaching team

**Departures from 10:00**

Please note that activities are subject to change.

Breakfast is included each morning.

All meals outlined above are also included.