

# Cardio, Core & Culture in Portugal's Capital

## Lisbon, Portugal | Two Nights

### Day One

14:00

Guest Arrivals

15:00

WORKOUT AWAY  
**tricore**

16:00

WORKOUT AWAY  
**HIT**

17:45

WORKOUT AWAY  
**Revive**

20:00

Dinner at the hotel

### Day Two

07:00

WORKOUT AWAY  
**Revive**

08:00

Breakfast at the hotel

10:00

Interval running circuit in Parque Eduardo VII  
(option of a walk for non-runners)

13:00

Lisbon walking city tour  
with our local guide

17:00

WORKOUT AWAY  
**HIT**

17:45

WORKOUT AWAY  
**tricore**

20:00

Dinner at the hotel

### Day Three

07:00

WORKOUT AWAY  
**Revive**

08:00

Breakfast at the hotel

09:30

Interval running circuit in Parque Eduardo VII  
(option of a walk for non-runners)

11:00

Check-out & departures

Guests are welcome to remain at the hotel and store bags if their flight departs 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.