

*This is what your week will resemble! We all want different things, so we adapt to you, individually.*

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*Take time out to lie by the pool, go to the beach or have a treatment.*

luxury health retreats

	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	
	ARRIVAL DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DEPARTURE	
APPROXIMATE TIMES;	SETTLE IN, ENJOY THE LUXURY, SIP A DRINK BY THE POOL, GO TO THE BEACH, YOU'RE ON HOLIDAYS! TODAY YOU'LL MEET THE GROUP & GO INTO TOWN WITH US FOR OUR WELCOME DINNER	FIRST BREAKFAST - BUFFET	HIIT OR MIIT WITH WEIGHTS			HIIT OR MIIT WITH WEIGHTS		IT'S SAD TO SEE YOU GO, BUT WE'RE SURE YOU'RE FEELING GREAT, HAVE HAD A GREAT TIME & LEARNT LOADS OF LIFE-IMPROVING INFO.  YOU MIGHT HAVE DECIDED TO EXTEND YOUR STAY, EITHER JUST TO RELAX OR TO ADD MORE TIME TO YOUR HEALTH AND FITNESS ENDEAVOURS.  IF THAT'S THE CASE, YOU'LL BE PAMPERING YOURSELF TODAY, BECAUSE YOU NEED TO REST & RELAX!	
8AM			BREAKFAST						
9AM		PRIVATE CONSULTS	COUNTRYSIDE HILL TREK	THE BACK ACADEMY	SURFING	COASTAL & CLIFF WALK	WATER / ACTIVITY SUP AND KAYAK		
10AM		CIRCUITS		CIRCUITS - BEACH					
		LUNCH							
2PM		DYNAMIC MOVEMENT SKILLS	RELAXATION	FUNCTIONAL PATTERNS	BOXING-INTRODUCTION	DYNAMIC MOVEMENT SKILLS	PERSONAL TRAINING SESSIONS & TREATMENTS		
3.30PM		THE BACK ACADEMY	YOGA	PERSONAL TRAINING SESSIONS & TREATMENTS	TO THE ART, THEN A WORKOUT	PERSONAL AND TREATMENTS			
						YOGA			
6.00 /6.30PM		DINNER							NIGHT OUT

We have to put a structure on our weeks, but our focus is on you, 100!



Some people don't like the idea of water activities, others aren't crazy about yoga, while sometimes we'd like a late morning or an afternoon just chilling.

That's all fine!

What is not shown above, because we can't on a single page, is the additional personal treatment we give you.

Our breaks are really personal, because there's no such thing as a group of identical humans.

If there's something in particular that you want to work on, we'll devote time to you privately.

That could be anything from developing mechanisms to improve your balance and posture, to a good hard strength and conditioning session (Core Fitness), we'll work on those.

We'll get to know a lot about each other between your pre-break questionnaire and over the first day & we'll create the perfect break for you.

[www.algarvefitness.com](http://www.algarvefitness.com)

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