



Coastal

Fitness Retreats

Friday

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Lunch on arrival

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2.00pm - Beach Boxing Boot Camp
(Watergate Bay)

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4.00 - 5.30pm - Yoga at the house

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6.30pm - Dinner

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8.00pm - Games / Movie Night

Saturday

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7.30am - Breakfast

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8.30 - 10.30am - Coastal Hike

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10:30/10.45 Snack

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11.15am - 12.15pm Garden Circuits

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12.30pm - RELOAD Lunch

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2.00 - 3.30pm - Coasteering

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4.00 - 5.30pm - Yoga on the Beach
(Lusty Glaze)

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7.00pm - Dinner

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8.30pm onwards - R and R

Sunday

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7.30am - Breakfast

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8.30 - 11.00am - Coastal Hike followed
by stretch session (Watergate Bay)

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11.00am - 12.30pm - R and R

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12.30 - RELOAD Lunch

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2.00 - 3.00pm - Surf Lesson
(Fistral)

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4.00 - 5.30 - Beach Workout followed
by stretch session (Lusty Glaze)

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7.30 - Dinner at Zacrys
(Watergate Bay Hotel)

Monday

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7.30 - 8.30am - Walk down to
beach for Core & Stretch session

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8.45am - Cooked Breakfast

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10.30am - Depart