



Ultimate Fitness Retreats

# YOUR ITINERARY

GRANADA 2018

## Sunday

- 5:30pm Arrive at Villa
- 6:30pm Arrival Meeting and welcome BBQ
- 8:15pm Primal Sunset Class



## Monday

- 7:00am Morning Coffee and Snack
- 7:30am Sunrise Stretch and Sculpt
- 8:30am Breakfast
- 11:00am Mountain Boot-camp
- 1:30pm Lunch and Relaxation Time
- 4:00pm Calisthenics Workshop
- 8:00pm Dinner



## Tuesday

- 7:00am Morning Coffee and Snack
- 7:30am Sunrise Stretch and Sculpt
- 8:30am Breakfast
- 11:00am Full Body Weights 1
- 1:00pm Lunch and Relaxation Time
- 4:00pm Poolside HIIT followed by Team Games
- 8:00pm Dinner



Ultimate Fitness Retreats

[www.ultimatefitnessretreats.co.uk](http://www.ultimatefitnessretreats.co.uk)

## Wednesday

- 7:00am Sunrise Stretch and Sculpt
- 8:00am Breakfast
- 9:00am Day Trip (Rio Verde or Alhambra)
- 6:30pm Dinner
- 8:15pm Primal Sunset Class



## Thursday

- 7:00am Morning Coffee and Snack
- 7:30am Sunrise Stretch and Sculpt
- 8:30am Breakfast
- 11:00am Mountain Boot-camp
- 1:00pm Lunch and Relaxation Time
- 4:00pm Poolside HIIT followed by Team Games
- 8:00pm Dinner

(Massage Therapists Available for booking throughout the day and evening)



## Friday

- 7:00am Morning Coffee and Snack
- 7:30am Sunrise Stretch and Sculpt
- 8:30am Breakfast
- 10:30am "Try" Athlon Challenge
- 1:30pm Lunch and Relaxation Time
- 4:00pm Full Body Weights 2
- 7:00pm Dinner
- 9:00pm Quiz/Party Night



## Saturday

- 8.30am Upper Body Weights
- 9.30am Breakfast
- 10.30am Boca De la Pesca Hike (5000ft)  
(Lunch en route)
- 7:30pm Dinner and Chill







# Classes

\*\*\*All Classes are optional and will be scaled to meet all ability levels present\*\*\*

## PRIMAL SUNSET

Yoga and Pilates based movements with relaxation

## SUNRISE STRETCH AND SCULPT

A mix of mainly stretching, core and glute work with occasional cardio

## MOUNTAIN BOOT-CAMP

Full body workout in the Hills of Granada

## FULL BODY WEIGHTS 1

Weights programme

## FULL BODY WEIGHTS 2

Weights programme

## POOLSIDE HIIT

A mix of light weight and BW exercises

## TRY"ATHLON" CHALLENGE

Swim, Cycle and Run

## UPPER BODY WEIGHTS

Weights programme focusing on the upper body only

## CALISTHENICS WORKSHOP

Learn to master your own Body Weight with a series of Strength Exercises

\*\*\*Everything Subject to Change\*\*\*

# WE LOOK FORWARD TO SEEING YOU!

