

Granada Fitness Retreat: Example Day(s)

Time	Example Day	
7:00 AM	Group Training Session	
7:30 AM		
8:00 AM	Breakfast	
8:30 AM		
9:00 AM	Yoga	
9:30 AM		
10:00 AM		
10:30 AM	Free Time	
11:00 AM		
11:30 AM		
12:00 PM	Lunch	
12:30 PM		
1:00 PM		
1:30 PM	Nutrition Seminar	
2:00 PM		
2:30 PM		
3:00 PM	Massages / Physio Treatment	
3:30 PM		
4:00 PM		
4:30 PM		
5:00 PM	Thai Chi / Training Session	
5:30 PM		
6:00 PM		
6:30 PM		
7:00 PM	Evening Meal	
7:30 PM		
8:00 PM	FREE TIME / SLEEP	
8:30 PM		
9:00 PM		
9:30 PM		
10:00 PM		
10:30 PM		
11:00 PM		