

Marbella Fitness Retreat: Example Day(s)

Time	Example Day	Example Day
7:00 AM	Group Training Session	Breakfast
7:30 AM		
8:00 AM	Breakfast	Hike (La Concha)
8:30 AM		
9:00 AM	Yoga	
9:30 AM		
10:00 AM	Assault Course (Cardio Fitness)	
10:30 AM		
11:00 AM		
11:30 AM		
12:00 PM	Lunch	
12:30 PM		Lunch
1:00 PM		
1:30 PM	Pool Workout / Fun / Chill	Massages / Free Time
2:00 PM		
2:30 PM		
3:00 PM	Educational Seminar / Massages / Free Time	
3:30 PM		
4:00 PM		Yoga
4:30 PM		
5:00 PM		
5:30 PM	Group Training Session	
6:00 PM		Assault Course (Obstacle Technique Work)
6:30 PM		
7:00 PM		
7:30 PM	Evening Meal	Evening Meal
8:00 PM		
8:30 PM		
9:00 PM	FREE TIME / SLEEP	FREE TIME / SLEEP
9:30 PM		
10:00 PM		
10:30 PM		
11:00 PM		