



BALANCE FITNESS BOOT CAMP ITINERARY

26th October – 2nd November & 30th November – 7th December

Saturday 26th October

11.00: Airport Pick- Ups

13.00: Lunch & Walk around the town

15.00: Airport Pick-Ups

17.00: Welcome Tapas & Drinks

Sunday 27th October

07.15: Health Appraisal & Measurements

08.00 – 09.00: Fitness Assessments

09.00: Breakfast

10.00: Hike to Cap Prim & Barraca Beach

13.30: Lunch at the Villa

17.00: Spinning

18.30: Aerial Yoga

20.15: Dinner

Monday 28th October

07.15: Beach Boot Camp

08.30: Breakfast

10.00: Hike to Lighthouse & Windmills

13.30: Lunch

17.00: Cross Training

18.30: Pilates at villa

20.15: Dinner

Tuesday 29th October

07.15: Beach Boot Camp

08.30: Breakfast

10.30: Hike to the summit of Montgo Massif

12.30: Lunch at top of Montgo

17.00: Body Pump

18.30: Yoga at villa

20.15: Dinner

Wednesday 30th October

08.00: Breakfast

09.30: Day excursion to Valencia

13.00: Lunch in the city (10-15€ per person)

16.00: Leave Valencia

18.30: Pilates at villa

20.15: Dinner

Thursday 31st October

07.15: Beach Boot Camp

08.30: Breakfast

10.00: Hike to the Eye of the Montgo

13.00: Lunch

17.00: Muay Thai Kickboxing

18.30: Yoga at the villa

20.15: Dinner

Friday 1st November

07.15: Measurements

08.00: Fitness Assessments

09.00: Breakfast

10.00: Hike to Cueva Tellada

13.00: Lunch

15.00: Padel Tennis

17.00: Optional Massages & Therapies (from 50€)

20.30: Out for Dinner (15-25€)

Saturday 2nd November

09.00: Airport Drop-Offs

13.00: Airport Drop-Offs