

Typical Itinerary

This is our typical itinerary for the 4 days, which may change subject to flights, weather changes and group preferences. We will send you a finalised itinerary upon you securing your place.

Friday:

- **1:30pm** Arrive at Lourdes Airport, meet the team and transferred to the Lodge.
- **3pm** Snack time.
- **3:30pm** Tour of Lodge, room allocation.
- **4pm** Tour of Local Area, with mountain hike.
- **5:30pm** Strength and Strengthen Element Workout in the Grounds and forests of the lodge.
- **8:00pm** Evening meal at wonderful local Restaurant

Saturday

- **645am** Metabolism Boosting Outdoor Workout
- **730am** Power Yoga with Kat
- **8am** Breakfast served at the lodge
- **10am** Rock Climbing, training, and Mountain Tours. Nutritious packed lunch provided.
- **3pm** Primitive Fire building Technique workshop
- **5pm** Relaxing Yoga Flow
- **8:00pm** Evening meal at wonderful local Restaurant

Sunday

- **7am** Ultimate Outdoor Boot Camp
- **730am** Power Yoga with Kat
- **8am** Breakfast served at the lodge
- **10am** Kayaking
- **3pm** River Crossing Zip Wire Challenge
- **5pm** Yoga, Stretch & Ab Burner
- **8pm** BBQ & Bonfire at the Lodge

Monday

- **630am** Sunrise Yoga with Kat
- **7am** Breakfast served at the lodge
- **8am** Ab and Core Blaster
- **9am** Group Games and Final Workout
- **1pm** Trainer Questions & Relax by the Pool
- **3pm** Flight Check in