

Sunday		
Start time	Finish time	Activity
From 1400		Bedrooms available for check in
1730	1800	Welcome meeting, introduction & discussion about the activities for the forthcoming week, & aims of those taking part
1800	1830	Weigh in & body measurements, blood pressure check & resting heart beat
1830	1945	Dinner

Monday		
Start time	Finish time	Activity
0800		Meet at the Reception for a morning superfood shot followed by Surya Namaskar (Sun Salutation) on the beach (weather permitting), followed by Yogi classic tea
	0930	Breakfast
0930	1000	High Intensity
1000	1030	High Intensity
1030	1100	Snack
1100	1200	Fun / Partner Workout
1200	1330	Lunch
1330		Team / Group Activities
1830	1945	Dinner
2000	2045	Recovery

Tuesday		
Start time	Finish time	Activity
0800		Meet at the Reception for a morning superfood shot followed by Surya Namaskar (Sun Salutation) on the beach (weather permitting), followed by Yogi classic tea
	0930	Breakfast
0930	1000	High Intensity
1000	1030	High Intensity
1030	1100	Snack
1100	1200	Fun / Partner Workout
1200	1330	Lunch
1330		Team / Group Activities
1830	1945	Dinner
2000	2100	Documentary on The Science of Fasting

Wednesday		
Start time	Finish time	Activity
0800		Meet at the Reception for a morning superfood shot followed by Surya Namaskar (Sun Salutation) on the beach, followed by Yogi classic tea
	0930	Breakfast
0930	1000	Low Intensity
1000	1030	High Intensity
1030	1100	Snack
1100		Hike from Sandbanks to Studland / Old Harry Rocks, with a packed lunch. We will arrange for transport to and from Sandbanks and across on the ferry. For those not wishing to go on the hike, we have cycling or time to take treatments.
1730	1800	Early Dinner as afterwards there will be an optional fasting (with water, black coffee and herbal teas permitted)

Thursday		
Start time	Finish time	Activity
0800	0900	Meet at the Reception for a fasted walk / jog
1000	1100	Brunch after 16 hours fast
1100	1130	Low Intensity
1130	1200	High Intensity
1200	1230	Snack & Protein Shake
1230	1330	Fun / Partner Workout
1330	1400	Snack
1400		Team / Group Activities
1830	1945	Dinner

Friday		
Start time	Finish time	Activity
0730	0800	High Intensity
0800	0830	Weigh in & body measurements
0845	0930	Breakfast
	1030	Check out of bedrooms