

Sunday		
Start time	Finish time	Activity
From 1400		Bedrooms available for check in
1700		Welcome meeting, introduction & discussion about the activities for the forthcoming week, & aims of those taking part. Weigh in & body measurements
1830	1945	Dinner

Monday		
Start time	Finish time	Activity
0730	0830	Bootcamp with Sue – Boxercise HITT
0830		Breakfast
0945	1045	Bootcamp with Amie - Full Body Conditioning
1045	1115	Bootcamp with Amie - Static Stretching
1115	1130	Snack
1130	1230	Bootcamp with Julie – Zumba
1230	1330	Bootcamp with Julie – Partner and Bands
1330	1430	Lunch
1445	1530	Stretch and Relax with Joy
1530	1545	Snack
1545	1445	Evening Beach walk
1830	1945	Dinner

Tuesday		
Start time	Finish time	Activity
0730		Morning Beach Walk
0830		Breakfast
1000	1100	Bootcamp Amie - Muscular Strength & Endurance
1100	1130	Snack
1130	1230	Bootcamp with Amie - Resistance Work & Abs
1230	1330	Lunch
1330	1430	Q + A with Mindful coach Lucy B
1430	1515	Bootcamp with Rees – Boxing Circuits
1515	1530	Snack
1530	1615	Bootcamp with Rees – Boxing Circuits
1830	1945	Dinner

Wednesday		
Start time	Finish time	Activity
0730	0815	Bootcamp with Sue – MetaFit and Core
	0930	Breakfast
1100	1145	Yoga with Joy
1200	1245	Lunch
1300		Hike with mindful coach Lucy B along the Coast. Snacks will be provided.
1730	1830	Early Dinner for optional 16 hour fast

Thursday		
Start time	Finish time	Activity
0730		Beach Walk
0800	0900	Yoga with Joy
0930		Brunch after 16 hours fast
1100	1130	Bootcamp with Julie – Dance Fit
1130	1230	Bootcamp with Julie – Steps
1230	1330	Lunch
1330	1430	Bootcamp with Lee – Circuits
1430	1445	Snack
1445	1600	Bootcamp with Lee – Flexibility
1615	1715	Jog with Daniel
1830	1945	Dinner

Friday		
Start time	Finish time	Activity
0730	0800	Bootcamp with Sue - MetaFit
0800	0830	Weigh in & body measurements
0845	0930	Breakfast
	1100	Check out of bedrooms