

# THURSDAY



**10:00**

First group of arrivals to meet at Vale do Lobo's Main reception, Spikes. Bags can be stored safely there and we have full access of changing facilities. Breakfast will be available for those who want to have a bite to eat, and something to drink.

**11:00**

Group Activity - head down to the beach for a light workout led by Gus (PT), followed by stretching with Rose. A quick (optional!) dip in sea followed by a walk back to Spikes.

**12:30 - 14:00**

Lunch at Spikes is available. More arrivals from airport.

**15:00 - 17:00**

Welcome Ceremony at the Tennis Club. Includes goody bag presentation and team intros. Based on your activity preferences, for this first session you have been put into groups for yoga, PT, padel and tennis.

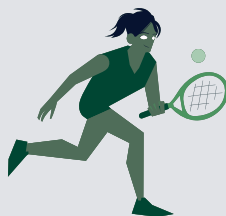
**17:00**

Check-in to your villas. This may also be a good time to pop to the Supermarket and pick up any supplies for meal times in the days to come. [Resort Map here.](#)

**20:00**

After your own dinner arrangements, optional drinks back at Spikes with the team for those who want to join. Will be a long day for the early starters, so an early bed may be preferable!

# FRIDAY



**6:30**

Morning sunrise walk for the early birds and/or LUMI ice bath

**8:30 - 11:00**

Meet outside villas - then all walk to our group morning activity. This will take place on the VDL football pitch and will include a strength specific session and yoga.

**11:00 - 13:00**

Optional Ice bath and breath work with Rose and Gus, or Free time. You might want to go relax with the newfound pals, do an additional activity or venture out to explore the nearby surroundings - the choice is all yours.

**13:30**

Leave villas for a 1 hour beach walk to our lunch spot: Bjs Oceanside (included in package, drinks to be paid for separately) followed by sing-alongs on the terrace and all round good vibes!

**16:30 - 17:30**

Walk or taxis back from Bjs Oceanside to the Praça

**17:30 - 19:00**

Free time at Praça, Spikes or Villas or optional activity: Mini Golf or Sunset Yoga. Dinner arranged at your own convenience.

# SATURDAY



**6:30**

Optional Sunrise walk

**7:30**

Optional LUMI ice bath

**8:30 - 11:30**

Morning Activity

**Options**

- Run with Steph
- Yoga Session with Rose
- PT session with Gus

**11:30**

Free time: Could be back to your villas, supermarket, beach time and lunch at own convenience.

**14:00 - 16:00**

**Options**

- Padel or Tennis
- Golf Driving Range
- Hike
- PT or Yoga
- Royal Spa access (€14 pp)
- Free time!

**16:00 - 17:00**

Freshen up for evening activities

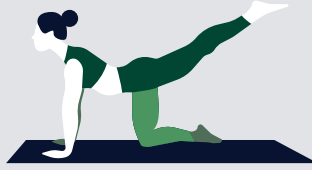
**17:00**

Walk (or shuttle) down to the beach from villas for Sundowners and a Q&A with Harry, Steph & the team (sunset at 6:30pm)

**20:00**

Optional group dinner at Maria's Restaurant

# SUNDAY



**7:00am**

**Activity options:**

Body weight and Strength workout with Gus

Run with Steph

Beach Sunrise Walk

Yoga with Rose

or Chill!

**11:00am**

Transfers back to the airport, depending on your flight time :(

**Sunday Afternoon**

Leave feeling empowered, rewarded and with a bunch of new friends and memories!

\*This schedule is aimed to be a guide. Exact timings may change and we will be as flexible as possible to accommodate needs during the trip.

Exact meeting points to be communicated during the trip.