

	Sunday	Monday		Tuesday		Wednesday		Thursday		Friday	
		Option A	Option B	Option A	Option B	Option A	Option B	Option A	Option B	Option A	Option B
8.00		Beach Body Blast	Yoga	Boot Camp	Run	Beach Body Blast	Yoga	Bootcamp		Beach Body Blast	Yoga
8.30											
9.00		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast	
9.30											
10.00		Coastal Walk for all		Coasteering	Waist Away	Run	Sea Pool Swim	Power Hour		Power Hour	Coastal Walk
10.30											
11.00											
11.30								Run		Waist Away	
12.00					Yoga/Pilates		Power Hour				
12.30											
13.00		Lunch		Lunch		Lunch		Lunch		Lunch	
13.30											
14.00											
14.30		Surfing	Waist Away	Sea Pool Swim	Power Hour	Surfing	Waist Away	Waist Away	Coastal Walk	Depart	
15.00											
15.30											
16.00			Power Hour								
16.30				Run	Yoga/Pilates		Yoga/Pilates	Beach Body Blast			
17.00	Arrival					Power Hour					
17.30		Yoga/Pilates									
18.00								Yoga/Pilates			
18.30											
19.00	Dinner	Dinner		Dinner		Dinner		Dinner			
19.30											
20.00											
20.30											
21.00											

* The timetable above is for information only and subject to change.