

Example Itinerary

BODIBREAK™ Fiji

“Not your Average Retreat”

5 days & 4 nights of complete personalised training & advice. Re-charge, reset & re-energise your mind & body. Select your activities pre travel, while onsite we design your own FITKIT 4 week follow up coaching back home! All Bodibreaks are tailored to each guest, programs vary depending on the activities you chose throughout your stay. Groups of 3-4 pax per activity.

Wednesday

- 12:30 Check in & arrivals (transfers included)
Lunch pending arrival times . Intakes for early arrivals.
Welcome spa treatments.
- 18:00 Official welcome, meet the team & introduction with Life's A Gym founder Nikki Fogden-Moore

Thursday

- 07:30 Wake Up Workout™
- 08:30 Bootcamp on the Beach™
- 09:30 Breakfast
- 10:30 Stand up paddle, Yoga or Mountain Bike (small groups)
- 13:00 Lunch & personal program reviews
- 14:30 Stand up paddle, Yoga or Mountain Bike
- 16:30 Siesta - own time
- 18:30 Dinner with guest speaker/special topic

Friday

- 07:30 Wake Up Workout™ (relaxing start to the morning)
- 08:30 Breakfast
- 09:30 Bootcamp on the Beach™ - for all levels it's a favourite
- 11:00 Massage and welcome spa treatment
- 12:30 Lunch, own time & personal program intakes
- 14:30 Stand up paddle, Yoga or Tennis or Bike per guest
- 16:30 Stretch Session poolside (short easy session)
- 18:30 Dinner - VIP meet & greet with the chef Kitchen Table session - nutrition inspiration & how to's

Thursday

- 07:30 Pool swim or core workout
- 08:30 Breakfast
- 10:00 Bootcamp on the Beach™ or Yoga
- 12:30 Packed Lunch and special snorkel /eco activity
- 16:30 Siesta - own time
- 18:30 Dinner at your leisure

Sunday

- 07:30 Ocean Swim or beach core workout
- 09:00 Breakfast
- 10:00 Individual program recap/check out
- 12:30 Lunch and personal program recap pending departure
- late departures on request.

The activities above are indications only. www.lifesagym.com.

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