

All Inclusive Personal Training Programme

Day	Activity & Time	Breakfast	Activity & Time	Lunch	Activity & Time	Activity & Time		Dinner
Friday						1830 - 1930(V)		2000 (V)
						Introductions & welcome meeting Swim & pool workout Jacuzzi		
Saturday	0745 – 0815 (V)	0830 - 0900	0945-1045 (M)	1300-1345	1430-1530 (M)	1545-1745 (V)	1745-1845 (M)	1930 (V)
	Pool laps (10)		Bosu Training & MSE		Nordic Walk-local	Optional	MSE	
Sunday	0800 -0900 (V)	0900 - 0945	1000-1200 (M)	1345-1445	1530-1630 (M)	1700-1730 (V)	1745- (V)	1900 (V)
	Pool side Meditation or quiet time		Beach walk		Boxercise	Aqua Attack	Optional extra	
Monday	0800-0830 (V)	0830-0900	0945-1115 (M)	1300-1400	1545-1645 (M)	1700- (V)	1800- (V)	1930 (V)
	Jacuzzi		MSE		Bosu & MSE	Massage	Massage	
Tuesday	0715-0745 (V)	0745-0830	0900-1000 (M)	1300-1400	1430-1600 (V)	Free☺		
	20 mins treading water (pool)		Bosu training & MSE		Aqua aerobics Holiday feedback, Flexibility, Nutrition and weight loss discussion.			

MSE= Muscular Strength Exercise

BOSU= A new piece of equipment which focuses on core stability.

Optional extra= Where you can decide on an additional activity or explore the island, rest, sunbathe or just chill!

With Mitch = (M)

At the Villa = (V)