

south goa, india

WORKOUT AWAY

day one

arrival from 12:00

HIIT athletic workout

sunset yoga

dinner at the kenilworth

day two

morning circuit training

breakfast at the kenilworth

stand-up paddle boarding

free afternoon

dinner at the kenilworth

day three

HIIT power

breakfast at the kenilworth

lunch at the kenilworth

sunset beach run

sunset revive workout

free evening

day four

morning yoga

breakfast at the kenilworth

cultural activity

circuit training

dinner at the kenilworth

day five

breakfast at the kenilworth

free afternoon

core training

dinner at the kenilworth

day six

HIIT athletic workout

breakfast at the kenilworth

free afternoon

traditional goan cooking class

day seven

sunrise stretch and tone

breakfast at the kenilworth

lunch at the kenilworth

strength and conditioning

sunset boat cruise

day eight

morning revive workout

breakfast at the kenilworth

departure from 10:00

please note that activities are subject to change - all meals outlined above are included