

mykonos, greece

WORKOUT AWAY

day one

arrival from 12:00

HIIT athletic workout

sunset yoga

dinner at local restaurant

day two

sunrise circuit training

breakfast at the hotel

lunch at local restaurant

free afternoon

late afternoon island bike ride

free evening

day three

sunrise revive, yoga inspired workout

breakfast at the hotel

free morning

free afternoon

sunset run

dinner at local restaurant

day four

breakfast at the hotel

free morning

core training

free afternoon

HIIT power

dinner at local restaurant

day five

strength and conditioning

breakfast at the hotel

free morning

lunch at local restaurant

sunset revive, yoga inspired workout

free evening

day six

HIIT athletic or power

breakfast at the hotel

departures from 10:00

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