



# PALM ROCK RETREATS

## ITINERARY

07:15 Arise to gentle poolside tones

Followed by a movement flow and some meaningful breathing techniques.

08:00 Coffee and Signature Juice Shot

Designed to optimise gut health.

08:30 Hiit Training

Simple movements, performed at a high intensity. Programmed to burn fat and up-regulate your metabolism.

09:30 Breakfast

A whole foods based, nutrient dense meal, to kick off the day.

10:45 External Activity

A few hours to enjoy the sunshine and beautiful outdoors.

13:00 Lunch

A light lunch followed by some rest and free time.

15:00 Strength and Conditioning

Weight training fundamentals, guided by our expert coaches.

16:30 High Protein Snack

Fruit and protein source for optimal recovery, post workout.

17:00 Yoga + Therapy

Daisy, our resident yogi will be teaching various daily yoga classes. Sam, our on site sports therapist, is available for daily massages.

18:30 Dinner

Time to refuel. Followed by a short talk/seminar or free time to chill.