

TYPICAL DAY schedule
from the DARE TO BE GOOD TO YOURSELF programme :

07:00	-	07:30	Morning Lift Protocol - warm up
07:30	-	08:00	Breakfast
08:00	-	09:00	Me time
09:00	-	12:00	Hike - snack included
12:00	-	12:30	Lunch
12:30	-	13:30	Me time
13:30	-	15:00	Strength class
15:00	-	16:30	Circuit training
16:30	-	17:00	Snack
17:00	-	18:00	Yoga
18:00	-	19:00	Me time, Spa & massages*
19:00	-	19:30	Dinner
From		19:30	Free Sunset Protocol



*on demand, not included in the package