

MUVT FITNESS PROGRAMME

This is a typical retreat day.

TIME	ACTIVITY
08:00 – 10:00	Breakfast.
10:00 – 11:00	Outdoor Activity (50 to 60 mins): There is a choice of outdoor activities, including walking, jogging or running, a bike ride in the olive groves, a session with a personal trainer, a tennis lesson, or even a windsurf lesson or a stand up paddle lesson.
11:30 – 12:00	Flotation Tank Session (25 mins): The high salinity flotation tank enables you to lose the perception of your body's weight, thus allowing the mind and body to relax.
12:30 – 14:30	Lunch: Borgo Egnazia's restaurants offer menus that feature an unexpected and delicious blend between taste and wellbeing.
15:00 – 16:00	Massage APPIC (50 mins): This localized massage focuses on the areas of greatest interest, such as legs, core and glutes. It is modelling and stimulating, energising and dynamic, and effects an intense revitalisation of the body, thanks to the properties of prickly pear.
16:30 – 17:30	Vair Spa's wet area is the perfect place to relax and rebalance the body after a treatment. It includes an indoor swimming pool with heated water, an inviting outdoor sauna, a Sanarium, a steam bath and an ice fountain.
19:30 – 22:00	Dinner: Borgo Egnazia's restaurants offer dishes created with fresh local and seasonal products, with a perfect balance between correct nutritional values and taste.