

Chiva-Som

This is a typical day on a Fitness retreat.

TIME	ACTIVITY
07:00 – 08:00	Private fitness training session
08:00 – 09:00	Breakfast
09:00 -09:25	Stretching session
11:00 – 12:00	Aqua class
12:00 – 12:45	Deep tissue massage
13:00 -14:00	Lunch
15:00 – 16:00	Gyrokinesis session
17:00 – 18:00	Thai massage
18:00 – 20:00	Dinner