

KAMALAYA

This is a typical day on a Fitness retreat.

TIME	ACTIVITY
07:00 – 08:00	Breakfast
09:15 – 10:15	Personal training session
10:15 – 11:15	Pilates reformer or mat session
11:30 – 12:00	Far infrared sauna treatment
12:00 -14:00	Lunch
14:30 – 15:30	Mind-body balance treatment
16:00 – 17:00	Royal Ayurvedic traditional massage
17:30 -18:30	Group classes (e.g. Aqua aerobics, evening meditation etc.) or relaxation time
19:00 – 20:00	Dinner