

ABSOLUTE SANCTUARY

This is a typical day on a Fitness retreat.

TIME	ACTIVITY
07:00 – 08:00	Breakfast
08:00 – 08:30	Meditation Session
08:30 – 09:30	Yoga Session
09:30 – 10:00	Power Blast Drink
10:00 – 11:00	Initial Wellness Consultation with Bioimpedance Reading
11:00 – 12:00	Personalised Fitness Session
12:00 – 13:00	Lunch
14:30 – 15:30	Group Pilates Reformer Class
15:30 – 16:00	Far Infrared Sauna
16:00 – 17:30	Thai Massage with Herbal Heat Compress
18:00 – 19:00	Absolute Rejuvenation Massage
19:00 – 20:00	Dinner