

Fitness Retreat 4th - 8th March 2026

Daily Class Itinerary & Timetable

Strength & Conditioning	Stretch /Mobilise/ Relax	Cardio / Fat Burn	Excursions / Trips	Meals / Others
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NOTE: Itinerary timings and locations may be subject to change for weather reasons.

Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th
12.30 - 13.00 Post Flight Mobilisation	06.30 - 07.00 Early Morning Warm-Up	06.30 - 06.30 Early Morning Warm-Up	06.30 - 07.00 Early Morning Warm-Up	06.30 - 07.00 Early Morning Warm-Up
13.00 - 14.00 Lunch	07.30 - 08.30 Breakfast	07.00 - 08.00 Breakfast	07.30 - 08.30 Breakfast	07.30 - 08.30 Breakfast
14.30 - 15.00 Abs & Core	09.30 - 10.15 Powerband Upper Body	08.00 - 13.00 Trek in Atlas Mountains	09.30 - 10.30 Circuit Training	09.30 - 11.00 Hammam Spa
16.00 - 16.30 Aqua Plyometrics	11.00 - 11.30 Aqua Cardio	13.00 - 14.00 Lunch in Imlal	11.30 - 12.00 Mini Bands Glutes	11.00 - 13.00 Fitness Assessments
17.00 - 17.30 Legs	13.00 - 14.00 Lunch	16.00 - 17.00 Bodyweight Training	12.30 - 1.00 Cardio HIIT	13.00 - 14.00 Lunch
18.00 - 19.00 Yoga with Flow	14.00 - 19.00 Agafay hike from Nkila	18.00 - 17.00 Yoga with Flow	13.30 - 14.30 Lunch	15.00 Depart to airport
19.30 - 21.00 Dinner	20.00 - 21.30 Dinner	20.00 - 21.30 Dinner	14.30 - 17.30 Marrakesh Tour	
			18.00 - 23.00 Dinner at Dar Essalam	