Fitness Retreat 10th - 14th March 2027
Daily Class Itinerary & Timetable

Strength & Conditioning	Stretch /Mobilise/ Relax	Cardio / Fat Burn	Excursions / Trips	Meals / Others

NOTE: Itinerary timings and locations may be subject to change for weather reasons.

Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th	Sunday 14th
12.30 - 13.00 Post Flight Mobilisation	**06.30 - 07.00** Early Morning Warm-Up	**06.300 - 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	**07.00 - 07.30** Breakfast	**07.00 - 08.00** Breakfast	**07.30 - 08.30** Breakfast	**07.30 - 08.30** Breakfast
14.30 - 15.00 Abs & Core	**07.45 - 12.30** Nkhila Desert Trek	**08.00 - 13.00** Trek in Atlas Mountains	**09.30 - 10.30** Circuit Training	**09.30 - 11.00** Hammam Spa
15.30 - 16.30 Aqua Plyometrics	**13.00 - 14.00** Nkhila Lunch	**13.00 - 14.00** Imlil Lunch	**11.30 - 12.00** Mini Bands Glutes	**11.00 - 13.00** Fitness Assessments
17.00 - 17.30 Legs	**16.00 - 17.00** Aqua Mobility	**16.30 - 17.3 0** Bodyweight Training	**12.30 - 1.00** Cardio HIIT	**13.00 - 14.00** Lunch
18.00 - 19.00 Yoga with Flow	**17.30 - 18.00** Powerband Upper Body	**18.00 - 19.00** Yoga with Flow	**13.30 - 14.30** Lunch	**15.00** Depart to airport
19.30 - 21.00 Dinner	**19.30 - 21.30** Dinner	**19.30 - 21.30** Dinner	**14.30 - 17.30** Marrakesh City Tour	
			18.00 - 23.00 Dinner at Dar Essalam	