



YOGAFIT IBIZA

Revitalise mind and body with our yoga and fitness retreat

3/5/7 DAYS RETREAT ITINERARY

TBC

YOGAFIT IBIZA

Monday

7 Day Retreat Welcome

0830hrs

1030hrs

1230hrs

1430hrs

1730hrs

1930hrs

2030hrs

Breakfast

Beach Fitness

Lunch

Free Time

Coastal Trek

Sunset Yoga

Dinner

YOGAFIT IBIZA

Tuesday

0800hrs

0830hrs

1030hrs

1230hrs

1430hrs

1800hrs

1930hrs

2030hrs

Fit in 4 Tabata

Breakfast

Body Conditioning

Lunch

Individual Consultations

Yin Yoga

Dinner

Ibiza Town

YOGAFIT IBIZA

Wednesday

5 Day Retreat Welcome

0730hrs

Sunrise Beach Yoga

0830hrs

Breakfast

1030hrs

Ibiza Dance Fitness

1230hrs

Lunch

1430hrs

SUP Yoga

1530hrs

Fit in 4 Tabata

1600hrs

Free Time

1930hrs

Sunset Yoga

2030hrs

Dinner

YOGAFIT IBIZA

Thursday

0800hrs

Fit in 4 Tabata

0830hrs

Breakfast

1030hrs

Legs, Abs and Butt

1230hrs

Lunch

1430hrs

Lifestyle Nutrition Class

1600hrs

Ibiza Dance to live music

1800hrs

Trek to Pou des Lleo

1930hrs

Dinner

2030hrs

Ibiza Town

Friday

3 Day Retreat Welcome

0800hrs

0830hrs

1030hrs

1230hrs

1430hrs

1800hrs

1930hrs

2030hrs

Fit in 4 Tabata

Breakfast

Beach Fitness

Lunch

SUP Yoga

Free Time

Sunset Yoga

Dinner

YOGAFIT IBIZA



Saturday

0730hrs

Sunrise Beach Yoga

0830hrs

Breakfast

1030hrs

Ibiza Dance Fitness

1230hrs

Lunch

1400hrs

Yoga Inversion Play

1500hrs

Fit in 4 Tabata

1530hrs

Beach Party with Live Music

2030hrs

Dinner

YOGAFIT IBIZA

Sunday

0800hrs

Fit in 4 Tabata

0830hrs

Breakfast

1030hrs

Power Yoga

1230hrs

Lunch

1430hrs

Total Boday Conditioning

1800hrs

Release, Relax and Let Go

1930hrs

Dinner