

Monday

8.30	Breakfast
10.30	Beach Fitness
12.30	Lunch
14.30	Free Time
17.30	Coastal Trek
19.30	Sunset Yoga
20.30	Dinner

Tuesday

8.00	Fit in 4 Tabata
8.30	Breakfast
10.30	Body Conditioning
12.30	Lunch
14.30	Individual Consultations
14.30	Paddle Board Yoga
18.00	Yin Yoga
19.30	Dinner
20.30	Ibiza Town

Wednesday

7.30	Sunrise Beach Yoga
8.30	Breakfast
10.30	Ibiza Dance Fitness
12.30	Lunch
15.30	Fit in 4 Tabata
16.00	Free Time
19.30	Sunset Yoga
20.30	Dinner

Thursday

8.00	Fit in 4 Tabata
8.30	Breakfast
10.30	Legs, Abs & Butt
12.30	Lunch
14.30	Lifestyle Nutrition Class
16.00	Ibiza Dance to live music
18.00	Coastal Trek
19.30	Dinner
20.30	Ibiza Town

Friday

8.00	Fit in 4 Tabata
8.30	Breakfast
10.30	Beach Fitness
12.30	Lunch
14.30	Paddle Board Yoga
18.00	Free Time
19.30	Sunset Yoga
20.30	Dinner

Saturday

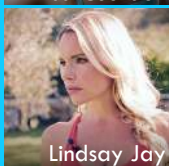
7.30	Sunrise Beach Yoga
8.30	Breakfast
10.30	Ibiza Dance Fitness
12.30	Lunch
14.00	Yoga Inversion Play
15.00	Fit in 4 Tabata
15.30	Beach Party with Live Music
20.30	Dinner

Sunday

8.00	Fit in 4 Tabata
8.30	Breakfast
10.30	Power Yoga
12.30	Lunch
14.30	Total Body Conditioning
18.00	Release, Relax and Let Go
20.30	Dinner



Lisa Cuerden



Lindsay Jay

