

**Bespoke Fitness Holiday Package Itinerary for week 4th to 11th June 2011**

**What we got up to!!**

**The SoSpa Adventure Begins.**

**SATURDAY DAY 1**

**Transfer to Resort arrival approx 21.55hrs.**

**Check In at Lindos Gardens.**

**22.30 Leg stretch walk and Light Supper**

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**SUNDAY DAY 2**

**07.30-Power Walk and swim drills. Lindos Main Beach**

**09.30 Breakfast**

**11.00 Beach and rest and relaxation**

**12.30 Aqua Aerobics.**

**14.30-Lunch on beach**

**16.00 Beach Tennis/Swim**

**Snack**

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**18.30 Yoga relax**

**20.30 Dinner in the local village**

**MONDAY DAY 3**

**07.30 -09.00 Bootcamp Fitness and Swim**

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**10.15 Breakfast.**

**12.00 Beach Tennis**

**Rest and Relaxation.**

**14.00 Lunch.**

**15.30 Aqua Box.**

**Snack**

**Rest and relaxation**

**20.00 Dinner**

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**TUESDAY DAY 3**

**07.30 Sea Running Drills and Swim**

**09.30 Breakfast**

**11.45 Core Aqua**

**14.00 Lunch**

**15.30 Beach Tennis**

**Snack**

**18.30 Yogailates**

**20.30 Dinner**

**WEDNESDAY DAY 4**

**07.30 Tennis**

**10.00 Breakfast**

**11.00 Power walk and swim**

**14.00. Lunch**

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**15.30.Cardio Aqua**

**17.00 Rest and Relaxation**

**Snack**

**18.30 Massage**

**20.30 Dinner**

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**THURSDAY DAY 5**

**07.30 8.45 Tabata Circuit/Football stadium**

**09.30 Breakfast**

**11.30 13.00 Pedalo Main Beach Lindos **

**14.00 Lunch**

**Rest and relaxation**

**Snack**

**18.30 Pilates**

**20.00 Dinner**

**FRIDAY DAY 6**

**07.30 Jog,Climb,Swim in Vliha**

**10.00 Breakfast**

**11.00-Yoga relax**

**14.30 Lunch**

**16.00 Drills and Aqua Fitness Lindos Main Beach**

**Snack**

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**20.00 Dinner**

**SATURDAY DAY 7**

**07.30 09.00 Fell Walking to Cleovoulos Tomb and Swim**

**10.00 Breakfast**

**11.00 Checkout**

**12.00 Aqua Fun Faliraki Beach**

**Rest and Relaxation**

**14.30 Lunch in Old Town**

**Home the holiday ends but the memories stay forever...**

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