

WEDNESDAY The Journey begins

**Bespoke Fitness Holiday Package Itinerary
Week Wednesday 11th June for 7 nights 2014**

Arrive Rhodes Airport 19.10 hrs local time

Taxi resort transfer approx. arrival at Lindos Gardens

The SoSpa Adventure Begins...

Check In at Lindos Gardens

22.00 hrs Walk into the village for Dinner .



THURSDAY DAY 1 .

08.00 -09.00 Fit test and Gforce10 Circuit at Lindos Main Beach

10.00 Breakfast in the village and walk to Pallas beach

Rest and Relaxation

13.30 -14.15 Aqua Tone in Pallas Beach Bay

Rest and Relaxation

15.00 Light Lunch at Skala Beach Bar

Rest and Relaxation

17.30 -18.00 Yoga Relax at Pallas Beach

19.15 Dinner in the village



FRIDAY DAY 2

07.30 -09.00 Gforce 10 Circuit training at St Pauls Bay.

10.30 Breakfast in the village

11.30 Power walk to St Paul's Beach

Rest and Relaxation

13.00 -13.45hrs Aqua woggle wobble in St Paul's bay.

Rest and Relaxation

15.00- Light Lunch at St.Paul's Bay Tambakio Restaurant

16.00 -16.30 Beach and Beach Tennis

Powerwalk to change for dinner.

19.15hrs Dinner in the Village



SATURDAY DAY 3

08.00 - 09.00 YoGailates at Lindos Main Beach

FAST

Rest and Relaxation

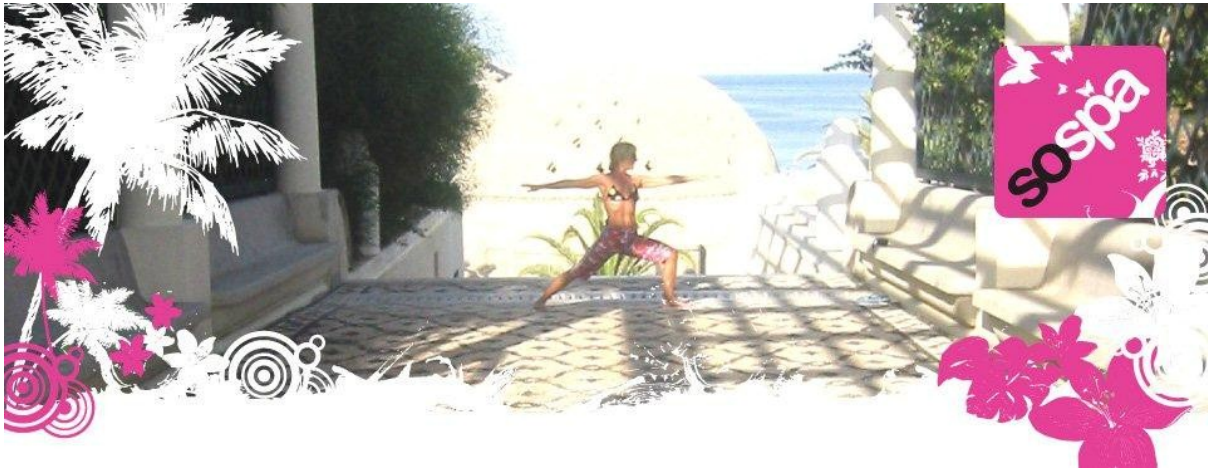
Break-fast 12.00hrs Dolphin Beach Restaurant

14.00-14.45 Water Jogging and Swim (or possible kayak)

Rest and Relaxation

17.30 meditation /relaxation . Ab conditioning Lindos beach

19.15 Dinner in the village.



SUNDAY DAY 4

08.00 Jog/Power walk & Box Fit circuit with Elias and swim

10.30 Breakfast in the village

Rest and Relaxation

Change and travel to Rhodes town

13.30. Travel to Rhodes Old Town (excursion)

Sightseeing in Rhodes, lots of walking

20.00 hrs Dinner in the Old Town



MONDAY Day 5

08.30 Power Yoga

FAST Rest and Relaxation

12.00 Break Fast at Tambakio Beach Restaurant

14.00- 14.45 Suspended Aqua

Rest and Relaxation

17.00-17.45 Abs and Back strengthening with Elias

19.15 Dinner in Lindos Village or an excursion to Lindos Mare Greek evening.



TUESDAY DAY 6

08.00 - 09.00 Bands and Box at Lindos Gardens with Elias

10.00 Breakfast in the village

Rest and Relaxation on Pallas Beach

13.00 -13.45 Cardio Plyometrics in the water Lindos Main Beach

Rest and Relaxation

14.30 Light Lunch at Alexis Bar Pallas Beach

16.00- 16.30 Beach Tennis

19.30 Dinner in Lindos Village



WEDNESDAY DAY 7

08.30 -10.00 Fit Test and Yoga Relax

11.00 Checkout and Brunch

Taxi to Rhodes Airport

Check in at Rhodes Diagoras Airport

The Journey ends but the memories stay forever.

NB. All times are approximate for workouts and dining.