



SAMPLE ITINERARY

Choose Your Adventure

Itinerary was specially designed to target different energy systems and muscle groups. It's your choice to try out as many workouts as possible or chill out and explore what the hotel and destination has to offer.

8AM – Sunrise Yoga

8AM – Beach Bootcamp

Workouts will be lead by expert trainers each day starting at 8am ending at 6pm.

9AM – 11AM – Breakfast

Fresh & Bright breakfast buffet available with a variety of options

11AM – Band Workout

12:15PM – Boxing

More workouts available if you choose to challenge your body

Lunch Time*

Try one of the restaurants at our W Escapes or go into town and have a taste of the local cuisine.

Offsite Adventures and Exploring*

During your free time, you can explore the destination or take part in epic offsite activities from paragliding to ATVing or surfing.

4:00 – Mobility and Stretching

5:30 –RETOX: Happy Hour

In the afternoon, take a stretching class or enjoy healthy bites as you sip on fresh cocktails and listen to beats.

8:30 PM – Communal Chef Inspired Dinner followed by

W "House" Party

Dinner will be curated by a local chef using the freshest ingredients while our in house mixologist whips up guilt free cocktails. On the last night, join us for an epic blow out party in our suite with a top DJ and fun surprises.

Wake up and do it all over again #detoxretorexpeat

*Not included in package