



## SAMPLE ITINERARY

### Choose Your Adventure

Itinerary was specially designed to target different muscle groups and energy systems. 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.

#### 7AM – Sunrise Hike

Explore the destination with a hike in the mountains

#### 8AM – Vinyasa Yoga

#### 8AM – Beach Bootcamp

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

#### 9AM – 11 AM – Breakfast

Fresh & Bright breakfast buffet available with a variety of options

#### 11AM – Boxing Bootcamp

#### 12:15 PM – Pilates

More workouts available if you choose to challenge your body

#### Lunch Time\*

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

#### Offsite Adventures, Exploring or Pool Time

During your free time, you can explore the destination or take part in epic offsite activities.

#### 4:00 – Mobility & Stretching

#### 5:30 –RETOX: Happy Hour

In the afternoon, take a stretching class or retox and enjoy fresh cocktails as you listen to beats.

#### 8:30 PM – Communal Chef Inspired Dinner followed by W “House” Party

Local dinner + epic blow out party in our suite with a top DJ and fun surprises.

Wake up and do it all over again #detoxretoxrepeat

\*Not included in package.