



SAMPLE ITINERARY

Wake up, show up and sweat it out on the mountain tops of the Swiss Alps. It's your choice to try out as many workouts as possible or chill out and explore the destination.

7AM – 10AM – Breakfast

Fresh & bright breakfast buffet available with a variety of options

8AM – 9 AM

Sunset Yoga or Mountain Top Bootcamp

Lunch

To be enjoyed on your time – try out one of our restaurants between a sun-soaked bite at Artic Juice & Café or 'La Plage'

11 AM– 3 PM

Choose One Adventure:

Hike or E-Bike

**Lunch provided during activity*

5 PM

Sunset Y7 Yoga Session

6 PM

RETOX: Mountain Side Happy Hour

Try a variety of local wines, beers and cheeses while taking in epic views and listening to beats.

8 PM

Communal Chef Inspired Dinner

Dinner will be curated by a local chef using the freshest ingredients while a mixologist whips up guilt free cocktails.

10 PM

DJ Set at W Living Room

Wake up and do it all over again **#detoxretorexpeat**