



Yogafit Retreat in Ibiza
16/10/2016 - 23/10/2016

Day	Hour	Information
Monday 17th	8.30am	Breakfast
	10.30am	Beach Fitness
	12.30pm	Lunch
	2.30pm	Free time
	5.30pm	Coastal Trek
	7.30pm	Sunset Yoga
	8.30pm	Dinner
Tuesday 18th	8am	Fit in 4 Tabata
	8.30am	Breakfast
	10.30am	Body Conditioning
	12.30pm	Lunch
	2.30pm	Individual Consultation

Day	Hour	Information
	6pm	Yin Yoga
	7.30pm	Dinner
	8.30pm	Ibiza town