



Bespoke Fitness Holiday Package Itinerary for week 2nd to 10th October.2010

Saturday 2nd October

Arrive at Sunnicot Muckley Corner at 7.45pm

Travel to Birmingham airport. Check In 21.35 ready for flight at 23.25.

Meal provided

Arrive Rhodes Airport Sunday 05.35 hrs

The SoSpa Adventure Begins...



SUNDAY DAY 1

Transfer to Resort arrival approx 07.00hrs.

Check In at Lindos Gardens.

08.00 Unpack and Breakfast

11.00-12.00 Sea Jogging and Swim Drills. Lindos Main Beach

Lunch 1.30pm

15.30 16 .15 Aqua Aerobics.

Rest and Relaxation.

18.30 19.15 Power walk or Jog.

20.30 Dinner in the local village



MONDAY DAY 2

07.30 -09.00 Bootcamp Fitness and Swim

10.15 Breakfast.

12.00 hrs Beach and Beach Tennis

Rest and Relaxation.

14.00 hrs Lunch.

15.30 16.30 Aqua Box.

19.00 Dinner



TUESDAY DAY 3

07.30 09.00 Running Drills and Swim

09.30 Breakfast

11.00 11.45 Pump and Tone.

12.00 Relaxation

14.00 Lunch

15.30 16.15 Aqua Aerobics.

18.00 19.00 Yoga Thai Massage

19.30 Dinner



WEDNESDAY DAY 4

07.30 Yogailates or Tennis

10.00 Breakfast

11.00 Trip to Rhodes Old Town.

14.00. Lunch

15.30.Aqua on Faliraki Beach

17.00 Rest and Relaxation

18.30 19.15 Pump and Tone

20.30 Dinner



THURSDAY DAY 5

07.30 8.45 Jog and swim Psartos

09.30 Breakfast

11.00 13.00 Kayaking Main Beach Lindos

14.00 Lunch

Rest and relaxation

17.30 YOGAILATES or Tennis Lindos Gardens

19.30 Dinner



FRIDAY DAY 6

07.30 09.00 Jog,Climb,Swim in Vliha

10.00 Breakfast

11.00-11.45 Bootcamp Fitness

14.30 Lunch

Rest and Relaxation

17.00 18.00 Drills and Aqua Fitness Lindos Main Beach

19.30 Dinner



SATURDAY DAY 7

07.30 09.00 Fell Walking to Cleovoulos Tomb and Swim

10.00 Breakfast

11.00 Checkout

12.00 Aqua Fun

Rest and Relaxation

14.30 Lunch

15.30 Atrium Palace

16.30 Atrium Gym and Spa (shower and change after for flight home)

20.30 Dinner.



SUNDAY DAY 8

Return Travel

Leave for airport 03.30

Check In 04.35

Flight to Birmingham 06.35

Arrive Birmingham 08.50 UK Time

Transfer to Sunnicot arrival @ 10.30 a.m

The Journey ends but the memories stay forever.