

FITNESS RETREAT

VIDA BOA
Lodge

X



14 OCT – 21 OCT 23

ALL YOU NEED TO KNOW>>>

We would love to have you on board for the
VIDA BOA LODGE X TITAN FITNESS RETREAT

We are all set for a fantastic week in the Algarve this April.

Below you can find an example itinerary of what you can expect during the week.

(note: changes may be made)

The itinerary is planned as a full adventure fitness camp, so if you follow everything, you will be doing a lot of fitness if you want to focus on that. There is plenty of free time within the itinerary, too, allowing you to kick back and relax, have beach time, explore, get your gastronomy on, check out local sites and much more...

This is your trip, and you are free to do as much or as little as you want to!



ITINERARY (subject to change)

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SATURDAY

Mid-morning/afternoon arrivals

Strength & Technique

Lunch

Evening Beach Yoga

Welcome Dinner at Vida Boa

SUNDAY

Morning Yoga

Breakfast

Cross Training

Free Time

7 Hanging Valley Hike

Sunset Picnic Dinner at Praia da

Marinha

MONDAY

Body 360

Breakfast

Nutrition Seminar

Bootcamp

Lunch / Free Time

Strength & Technique

Cross Training

Yoga

Team Dinner at Vida Boa

TUESDAY

Poolside Breakfast

Surf Lesson

Free Time

Group Dinner out / Free Night

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WEDNESDAY

Yoga
Cross Training
Breakfast
Mindset & Motivation
Boxercise
Lunch / Free time
Body 360
Strength & Technique
Team Dinner at Vida Boa

FRIDAY

Yoga
Cross Training
Breakfast
Boxercise
Lunch / Free time
Body 360
Strength & Technique
Group Dinner out / Free Time

THURSDAY

Body 360
Breakfast
Olympic Weightlifting
Lunch / Free Time
Cross Training
Yoga
Team Dinner at Vida Boa

SATURDAY

Morning Coastal Trail Run
Beach Training
Breakfast
Check Out

This retreat is for you if you want to...

- Have the perfect balance of training, delicious healthy food, down time & adventure

- Be the best version of yourself

- Improve confidence in & out of the gym

- Broaden your knowledge & technique, which will assist you in your direction of achieving real sustainable results with your health & fitness

- Improve daily habits & behaviours to assist with taking action on goals

- Reduce stress & learn methods to improve your wellbeing

- Take time out for yourself to reset, refocus & get results whilst having so much fun!



What's included...

- 7 nights' accommodation at Vida Boa Lodge (in your chosen room category)
- Delicious, healthy meals for breakfast & lunch at the camp daily & 5 in-house homemade dinners
- Daily group training & workouts accommodating all fitness levels (Body360, Strength & Technique, Core Strength & Stability, Boxercise, Olympic Weightlifting, Interval Training, Beach training & much more!)
- Yoga & SUP yoga sessions
- Seminars & workshops (nutrition, mindset & motivation)
- A surf lesson (Did you know Portugal is one of the best surf spots in Europe?!)
- Enjoy the beautiful beaches of the Algarve
- Day trip & coastal hike to the famous Benagil cave
- Free wifi at the camp & The Lodge
- Vida Boa Lodge hosts services
- Relaxing/sports massage
- Access to the Vida Boa Lodge pool & facilities during your free time
- Opportunity for free time to have some down time & to explore the area
- Welcome pack, including merch to remind you of the trip of a lifetime!!
- Much more...

PRICE LIST

VIDA BÔA
Lodge

TWIN / PRIVATE

€1,325

P.P

€2,650

SOLO

SHARED DORM

€1250

TRIPLE

€1300

