

dominican republic, caribbean seven nights | all-inclusive

etu™ retreats

day one		day two		day three		day four	
		07:00	WORKOUT AWAY RIVALS	07:00	WORKOUT AWAY <i>Revive</i>	07:30	WORKOUT AWAY HIT
		08:00	Breakfast at the resort	08:00	Breakfast at the resort	08:30	Breakfast at the resort
		11:00	WORKOUT AWAY tricore	11:00	BONUSCLASS	11:00	WORKOUT AWAY RIVALS
From 15:00	Guest arrivals	13:00 - 15:00	Lunch at the resort	13:00 - 15:00	Lunch at the resort	13:00 - 15:00	Lunch at the resort
19:00	WORKOUT AWAY <i>Revive</i>	18:00	WORKOUT AWAY HIT	17:45	WORKOUT AWAY RIVALS	17:45	WORKOUT AWAY tricore
20:00	Buffet dinner at the resort	19:30	Dinner at María Bonita Mexican Restaurant	19:30	La Pagoda Asian Restaurant	19:30	Buffet dinner at the resort

Sunrise | 06:30
Sunset | 18:45

Everything on this timetable is included in this all-inclusive fitness retreat. Guests need to arrange their own flights and transfers.

dominican republic, caribbean seven nights | all-inclusive

etu™ retreats

day five		day six		day seven		day eight	
07:00	BONUSCLASS	07:00	WORKOUT AWAY RIVALS	07:30	WORKOUT AWAY <i>Revive</i>	08:00	WORKOUT AWAY tricore
08:00	Breakfast at the resort	08:00	Breakfast at the resort	08:30	Breakfast at the resort	09:00	Breakfast at the resort
11:00	WORKOUT AWAY RIVALS	11:00	WORKOUT AWAY tricore	11:00	BONUSCLASS	12:00	Guest departures
13:00 - 15:00	Lunch at the resort	13:00 - 15:00	Lunch at the resort	13:00 - 15:00	Lunch at the resort		Guests are welcome to remain at the resort and store bags if their flight departs later in the day
17:45	WORKOUT AWAY <i>Revive</i>	18:00	WORKOUT AWAY ROOT	17:45	WORKOUT AWAY RIVALS		
19:30	Dinner at La Sibila Gourmet Restaurant	19:30	Dinner at La Marimba Smokehouse	19:30	Dinner at Star Rock American Restaurant		

Sunrise | 06:30
Sunset | 18:45

Everything on this timetable is included in this all-inclusive fitness retreat. Guests need to arrange their own flights and transfers.