

R F H Fitness Holidays – Detailed Programme

Mon	0715-0815 Pilates		0900-1230 Bike Ride		SMR / Resistance Training / Stretching Group 1 - 1410-1635 Group 2 - 1500-1725 Group 3 - 1550-1815 Group 4 - 1640-1905			
Tue	0715-0815 Yoga		0900-1230 Hike		1430-1530 Spinning or SMR & Warm-Up	1545-1715 Circuit Training	1715-1745 Stretching	
Wed	0715-0815 Limber Up	0815-0845 Breakfast	0900-1230 Bike Ride	1245-1315 Lunch	SMR / Resistance Training / Stretching Group 1 - 1410-1635 Group 2 - 1500-1725 Group 3 - 1550-1815 Group 4 - 1640-1905			
Thu	0715-0815 Pilates		0900-1230 Hike		1430-1530 Spinning or SMR & Warm-Up	1545-1715 Circuit Training	1715-1745 Stretching	2000-2045 Dinner
Fri	0715-0815 Yoga		0900-1230 Bike Ride		SMR / Resistance Training / Stretching Group 1 - 1410-1635 Group 2 - 1500-1725 Group 3 - 1550-1815 Group 4 - 1640-1905			
Sat	0715-0815 Limber Up		0900-1230 Hike		1500-1530 SMR	1530-1600 Warm-Up	1600-1730 Boxercise and/or Circuit Training	1730-1800 Stretching
Sun		0800-0830 Breakfast	0830-1330 Hike	1330-1400 Lunch				

Health checks, fitness tests, cognitive training, life coaching and massage sessions will be scheduled as appropriate.

This programme is for information only. RFH Fitness reserve the right to alter the schedule at any time. All outdoor activities are dependent on the weather.