

# RIOFRIO HOLIDAYS (RFH FITNESS) –PROGRAMME FOR FITNESS & WEIGHT-LOSS HOLIDAYS, SUMMER 2012

Time Day	0715-0810	0815-0845	0900-1245	1300-1330	1430-1600	1600-1620	1630-1800	1800-2000	2000-2030				
Mon	Mobilisation Class or Run	Breakfast (0800-0830 Sun)	Hike	Lunch (1400 Sun)	SMR Spinning	Snack	TRX Training	Cognitive Training / Lifestyle Coaching / Swim Coaching / Personal Training / Massages	Dinner				
Tue	Nordic Walking or Run		Bike Ride		SMR Cardio Training		Weight Training						
Wed	Mobilisation Class or Run		Hike		SMR Spinning		Circuit Training						
Thu	Nordic Walking or Run		Bike Ride		SMR Cardio Training		Boxing Training						
Fri	Mobilisation Class or Run		Hike		SMR Spinning		Weight Training						
Sat	Brisk Walk or Run		Bike Ride		SMR Cardio Training		Circuit Training						
Sun			Hike & Lake Swim (0845-1400)		Nutrition Presentation (1845-1945)					Cognitive Training / Lifestyle Coaching / Swim Coaching / Personal Training / Massages			