

MONDAY

8AM	Breakfast 8am-11am TASI	Beg / Int Tennis Session 8am-9am			HIIT Cardio 8am-8.45am Gym	Vinyasa Yoga 8am-8.45am Lawn
9AM		Cardio Tennis 9am-10am	Warm Up Cycle Ride		Run & HIIT 9am-9.45am Gym	Pilates 9am-9.45am Lawn
10AM			Int / Adv Riders Approx 30km / 800km 9am-11am	Cold Exposure & Mindset Workshop 9.30am-12.30pm Courtyard	Strength & Stretch 10am-10.45am Gym	Tone & Sculpt 10am-10.45am Lawn
11AM		Beginner Windsurfing Session 11am - 12pm	Triathlon Training Paddleboarding 11am-12pm			
12PM	Lunch 12pm-3pm The Terraces			Lunch 12.30pm-3.30pm TASI		
3PM	Beginner Sailing Session 3pm-4pm	Crystals 101 3pm-4pm Courtyard				
4PM		Focus Tennis: Volleys 4pm-5pm	Slow Flow Yoga 4pm-4.45pm Decks		Cardio Barre & Burn 4pm-4.45pm Gym	Massage Pop-Up 3pm-7pm Decks
5PM		Doubles Practice 5pm-6pm	Yin Yoga 5pm-5.45pm Decks	Breathwork 5pm-5.45pm Lawn	Evening Walk 5pm-6pm	
6PM	B R E A K					
7PM				CBD Master Class & Cocktails 7pm-7.30pm Courtyard		
	Welcome BBQ* From 7.30pm Courtyard		Music with Guest DJ From 7.30pm			
11PM						

TUESDAY

8AM	Breakfast 8am-11am TASI	Int / Adv Tennis Session 8am-9am	Int / Adv Riders 8am-11am	Triathlon Run Training 8am-9am Gym	Water Mandala Yoga 8am-8.45am Lawn	
9AM		Cardio Tennis 9am-10am		Approx 50km / 1000m	HIIT Strength 9am-9.45am Gym	Dynamic Vinyasa Yoga 9am-9.45am Lawn
10AM				Cold Exposure & Mindset Workshop 9.30am-12.30pm Courtyard	Deadlifts & Squat Workshop 10am-10.45am Gym	Pilates The Foundations 10am-11am Lawn
11AM		Açaí Bowl Pop-Up* 10am-12pm Courtyard		Beginner Windsurfing Session 11am - 12pm		
12PM		Lunch 12pm-3pm The Terraces			Deli Stall* 1pm-3pm TASI	
3PM	Discover the power of CBD 1 to 1 Sessions 3pm-5pm Terraces			Intermediate Sailing Session 3pm-4pm		
4PM		Focus Tennis: Serves 4pm-5pm	Slow Flow Yoga 4pm-4.45pm Decks		Cardio Barre & Burn 4pm-4.45pm Gym	Massage Pop-Up 3pm-7pm Decks
5PM		Social Tennis 5pm-6pm	Yin Yoga 5pm-5.45pm Decks	Breathwork 5pm-5.45pm Lawn	Mobility 5pm-5.45pm Gym	
6PM	B R E A K					
7PM		Meditation, Movement & Feasting* 6.30pm-9pm Decks / Courtyard				
		Dinner From 7pm The Terraces		Candlelit Gong & Crystal Bath Under The Moon 9pm-10.30pm Lawn		
11PM						

WEDNESDAY

8AM	Breakfast 8am-11am TASI	Int / Adv Tennis Session 8am-9am	Int / Adv Riders 8am-11am	Learn To Meditate 8am-9.15am Lawn	Run & HIIT 8am-8.45am Gym	Slow Flow Yoga 8am-8.45am Decks
9AM		Cardio Tennis 9am-10am		Approx 70km / 1300km	HIIT Strength 9am-9.45am Gym	Power Yoga 9am-9.45am Decks
10AM				Cold Exposure & Mindset Workshop 9.30am-12.30pm Courtyard	Cardio Barre & Burn 10am-10.45am Gym	Yin Yoga 10am-10.45am Lawn
11AM		Paddleboarding Session 11am - 12pm		Triathlon Swim Training 11am-12pm The Love Shack		
12PM		Lunch 12pm-3pm The Terraces			Lunch 12.30pm-3.30pm TASI	
3PM	Intermediate Windsurfing Session 3pm-4pm			Healthy Snacks Demo 3pm-4pm Courtyard		
4PM		Focus Tennis: Ground Strokes 4pm-5pm	Yoga Inversion Workshop 4pm-4.45pm Lawn	Strength & Stretch 4pm-4.45pm Gym		Massage Pop-Up 3pm-7pm Decks
5PM		Evening Walk 5pm-6pm	Doubles Practice 5pm-6pm	Power Pilates 5pm-5.45pm Lawn	In Conversation with 5pm-5.45pm TASI	
6PM	B R E A K					
7PM						
		Guest Chef Evening Feast* From 7.45pm Courtyard		Music with Guest DJ From 7.45pm		
11PM						

SAMPLE PROGRAMME

*Will incur an additional cost