

## R F H FITNESS HOLIDAYS

### OUTLINE PROGRAMME FOR FITNESS & WEIGHT-LOSS HOLIDAYS

7.30-8.30	<b>Yoga</b> (Mon & Wed)	<b>Pilates</b> (Tue & Thu)	<b>Limber Up</b> (Fri & Sat)
8.30-9.00	<b>Breakfast</b>		
9.45– 12.45	<b>Bike Ride</b> (Mon, Wed, Fri) <b>Hike</b> (Tue, Thu, Sat, Sun) or <b>Spin &amp; Swim</b> (Daily) (or optional activities, such as horse riding, quad biking, tennis lessons, climbing)		
1.00	<b>Lunch</b>		
2.00-8.00	<b>Personal Training Sessions</b> (Mon, Wed, Fri, Sat) <b>Fitness Classes</b> (Tue, Thu, Sat, Sun) and <b>Flexibility Classes</b> (Daily) (or optional activities, such as horse riding, quad biking, tennis lessons, climbing)		
	<b>Plus:</b> <b>Cognitive Training, Massage, Yoga or Pilates Classes</b> (by arrangement)		
8.00-8.45	<b>Dinner</b>		

Clients may join the course at any time on any day. Please note that hotel rooms may be not be available before 3.00 pm and it may be necessary to check-out by 12.30 pm.

Health checks will usually be done first thing on the day after arrival and on the day of departure.

Flexibility and fitness checks will be done during the afternoon of the day of arrival or the next day, depending on time of arrival.

This programme is for information only. Timings are flexible. Activities will normally start at 7.00 am in summer. R F H Fitness reserves the right to alter the schedule at any time. All outdoor activities are dependent on the weather.

[www.r io-f r i o . c o m / i n f o @ r i o - f r i o . c o m](http://www.r io-f r i o . c o m / i n f o @ r i o - f r i o . c o m)  
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