

Your Fitness Retreat Calendar

Get ready for fitness in paradise with exciting activities tailored for you!

Friday November 1	Saturday November 2	Sunday November 3	Monday November 4	Tuesday November 5	Wednesday November 6	Thursday November 7	Friday November 8
Daily Activities							
	<p>6:00 - 7:00 a.m. Private Access to resort gym</p> <p>7:15 - 8:00 a.m. Hatha Yoga (by Blu Bar Restaurant)</p> <p>8:30 - 9:15 a.m. Bootcamp (at soccer field)</p>	<p>6:00 - 7:00 a.m. Private Access to resort gym</p> <p>7:15 - 8:00 a.m. Hatha Yoga (by Blu Bar Restaurant)</p> <p>8:15 - 9:00 a.m. HIIT Core Beach Workout (by Blu Bar Restaurant)</p>	<p>6:00 - 7:00 a.m. Private Access to resort gym</p> <p>7:15 - 8:00 a.m. Hatha Yoga (by Blu Bar Restaurant)</p> <p>8:15 - 9:00 a.m. Full Body Blast Beach Workout (by Blu Bar Restaurant)</p> <p>10:30 - 11:30 a.m. Coffee & Chat with the trainer (at Matum)</p>	<p>6:00 - 7:00 a.m. Private Access to resort gym</p> <p>7:15 - 8:00 a.m. Hatha Yoga (by Blu Bar Restaurant)</p> <p>8:30 - 9:15 a.m. Bootcamp (at soccer field)</p>	<p>6:00 - 7:00 a.m. Private Access to resort gym</p> <p>7:15 - 8:00 a.m. Hatha Yoga (by Blu Bar Restaurant)</p> <p>8:15 - 9:00 a.m. MAXOUT lower body Workout (by Blu Bar Restaurant)</p>	<p>6:00 - 7:00 a.m. Private Access to resort gym</p> <p>7:15 - 8:00 a.m. Hatha Yoga (by Blu Bar Restaurant)</p> <p>11:00 a.m. - 11:45 a.m. Bootcamp (at soccer field)</p>	<p>6:00 - 7:00 a.m. Private Access to resort gym</p> <p>7:00 - 7:30 a.m. HIIT Core Beach Workout (by Blu Bar Restaurant)</p> <p>7:30 - 8:00 a.m. Hatha Yoga (by Blu Bar Restaurant)</p>
<p>Arrival at Punta Cana Airport Bus transfer to hotel Check in.</p> <p>6:30 p.m. Welcome Mixer with cocktails + hors d'oeuvres (at jacuzzi area)</p>	<p>Spend the rest of the day enjoying everything Bahia Principe Luxury Esmeralda has to offer</p>					<p>7:30 p.m. Farewell Beach Dinner at Blu Bar Restaurant</p>	<p>Board your transfer to the airport.</p> <p>Bus departs from the lobby of Bahia Principe Fantasia Punta Cana</p>

Packing list: • Gym shoes, water bottle, sweat towel, sunscreen, hat and sportswear • Yoga mats & glute bands will be provided



AIR CANADA VACATIONS

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