



Apples & Pears
Weight loss and fitness retreat

www.applesandpearsretreat.co.uk

Apples & Pears Sample Schedule (Fri-Tues)	
FRIDAY	
17.30-18.30	ARRIVE/UNPACK/WEIGH INS & MEASUREMENTS
18.30-19.15	WELCOME/HOUSE RULES
19.30-20.30	EXERCISE SESSION
20.30-21.00	DINNER
21.00-21.30	SATURDAY'S SCHEDULE EXPLAINED/QUESTIONS
SATURDAY	
07.30-09.00	WAKE UP SESSIONS/PERSONAL TRAINING
09.00-09.30	BREAKFAST
09.30-12.00	FITNESS TESTS/SNACK
12.00-13.00	BOXING
13.00-14.00	LUNCH
14.00-15.00	TRIM TRAIL CIRCUIT
15.00-17.00	LOCAL WALK/STRETCH
18.00-18.30	1:1 SESSIONS
19.00-20.00	DINNER
20.00-22.00	FREE TIME/MASSAGE
SUNDAY	
07.30-08.00	BREAKFAST
08.00-16.30	ALL DAY TREK
16.30-17.00	ASSISTED AND DEVELOPMENTAL STRETCH
17.00-18.00	FREE TIME/MASSAGE
18.00-19.00	NUTRITION TALK
19.00-20.00	DINNER
20.00-22.00	FREE TIME/MASSAGE/REFLEXOLOGY/SPA/POOL
MONDAY	
07.30-09.00	WAKE UP SESSIONS
09.00-09.30	BREAKFAST
09.30-10.30	MEDICINE BALL UPPER BODY INTERVALS
10.30-13.00	CIRCUITS & FARTLEK TRAINING
13.00-14.00	LUNCH
14.00-15.00	RUGBY NETBALL AND PAIRED GAMES
15.00-16.00	BOXING
16.00-16.30	LOCAL WALK
16.30-17.00	SNACK
18.00-19.00	NUTRITION TALK
19.00-20.00	DINNER
20.00-22.00	FREE TIME/MASSAGE/SPA/POOL
TUESDAY	
07.30-08.00	DUATHALON RUN/SPEED WALK
08.00-09.00	DUATHALON SWIM OR BIKE
09.00-09.30	BREAKFAST
09.30-11.00	RELAYS
11.00-12.30	EXERCISE TO MUSIC/KETTLE BELLS
12.30-13.00	ABS ATTACK & TONE-IT-UP!
13.00-14.00	LUNCH
14.00-15.00	BOXING
15.00-16.30	ASSAULT COURSE
16.30-18.00	LOCAL WALK & 1:1 SESSIONS
19.00-20.00	DINNER
20.00-22.00	FREE TIME/MASSAGE/SPA/POOL