



Your example itinerary

Coach House	Outdoor Wear
Indoor Wear	In Cottage

	Monday	Tuesday	Wednesday	Thursday	Friday
07:00		Wake Up	Wake Up	Wake Up	
07:45		Hydrate	Hydrate	Hydrate	
08:00		Aerobic Conditioning Challenge	Functional Fitness	Assault Course Team Challenge	
08:15					
09:00		Breakfast	Breakfast	Breakfast	
09:45		Functional Fitness	Assault Course Blast	Functional Fitness	
11:15		Snack	Snack	Snack	
11:30		Trail Run	Duathlon Challenge	Trail Run Ultra Challenge	
12:30		Change	Change	Change	
13:00		Lunch	Lunch	Lunch	
13:45		Spin	Body Weight Circuit	Tempo Spin Blast	
14:45		Wind Down	Wind Down	Wind Down	
15:00		Yoga	Yoga	Yoga	
16:00		Snack	Snack	Snack	
16:15		Shower & Change	Shower & Change	Shower & Change	
17:30		Seminar	Seminar	Seminar	
18:00	Arrival	Dinner	Dinner	Dinner	
18:15					
19:00	Dinner	Rest & Relaxation	Rest & Relaxation	Depart	
20:00	Rest & Relaxation				
21:00					