



Your example itinerary

Coach House	Outdoor Wear
Indoor Wear	In Cottage

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