

# BELLEVUE

HOTEL / LOŠINJ

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## ACTIVE ESCAPE RETREAT by BFF

(Boutique Fitness Factory)

20 September - 22 September 2019

|                | 20 September 2019<br>Friday                       | 21 September 2019<br>Saturday                     | 22 September 2019<br>Sunday |
|----------------|---|---|-----------------------------|
| 6:00 AM        |   | Stretching on the beach - Greeting to the Sun     | Free time                   |
| 7:00 AM        |   | Healthy juices                                    |                             |
| 7:30 AM        |   | Training with Suzana                              |                             |
| 8:30 AM        |   |   | Training with Suzana        |
| 9:30 AM        |   | Breakfast   | Breakfast                   |
| 10:00 AM       |   |   |                             |
| 11:00 AM       |   | Trekking on the island                            |                             |
| 1:00 PM        |   | Time for lunch and rest                           | Departure from the hotel    |
| 4:00 PM        | Arrival to the hotel and welcome drink            | Cycling around the island                         |                             |
| 6:00 PM        | BMA - SECA body composition measurement           | Free time   |                             |
| 6:30 PM        | Fit Check and outdoor training with Suzana        |   |                             |
| 7:00 PM        |   | Training with Suzana                              |                             |
| 8:00 / 8:30 PM | Dinner  | Dinner  |                             |
| 10:00 PM       | Stretching accompanied with the sounds of the sea | Stretching accompanied with the sounds of the sea |                             |