



Barcelona Bootcamp, Sitges, Spain

8-DAY BOOTCAMP

DAY OF ARRIVAL

- 15:00 Arrival: welcome + introduction
- 16:00 - 18:00 Individual meeting with trainer
- 18:00 – 19:00 Check-In
- 19:00 Dinner

DAY TWO

- 07:00 – 08:00 Brisk morning walk
- 08:30 – 08:45 Breakfast/shake
- 09:00 - 12:30 Work-out with break and a snack
- 13:00 – 14:00 Lunch
- 15:15 – 16:15 Cardio-boxing
- 16:15 – 17:15 Training session
- 17:15 – 17:30 Snack
- 17:30 – 18:30 Mindfulness seminar/Cognitive Behavioural Therapy (CBT)
- 19:00 – 21:00 Dinner

DAY THREE

- 07:00 – 08:00 Brisk morning walk
- 08:30 – 08:45 Breakfast/shake
- 09:00 - 12:30 Work-out with break and a snack
- 13:00 – 14:00 Lunch
- 15:15 – 16:15 Cardio-boxing

The program is subject to availability, changes and obvious mistakes, no rights can be derived from this.

- 16:15 – 17:15 Training session
- 17:15 – 17:30 Snack
- 17:30 – 18:30 Nutrition seminar
- 19:00 – 21:00 Dinner

DAY FOUR

- 08:30 – 08:45 Breakfast/shake
- 09:00 – 12:00 Work-out circuit on the beach
- 13:00 Lunch
- ± 14:00 Afternoon program
- ± 17:30 Yoga
- 19:00 – 21:00 Dinner

DAY FIVE

- 07:00 – 08:00 Brisk morning walk
- 08:30 – 08:45 Breakfast/shake
- 09:00 - 12:30 Work-out with break and snack
- 13:00 – 14:00 Lunch
- 15:15 – 16:15 Cardio-boxing
- 16:15 – 17:15 Training session
- 17:15 – 17:30 Snack
- 17:30 – 18:30 Cooking demonstration
- 19:00 – 21:00 Dinner

DAY SIX

- 08:30 – 08:45 Breakfast/shake
- 09:00 – 12:00 Work-out circuit on the beach
- 13:00 – 14:00 Lunch
- ± 14:00 Box class and stretching
- ± 17:30 Yoga
- 19:00 – 21:00 Dinner

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DAY SEVEN

- 08:30 – 08:45 Breakfast/shake
- 07:30 – 08:00 Excursion Montserrat mountain
- 14:30 – 15:00 Arrival back from excursion
- 15:00 Yoga
- *Weighing and individual meeting with CBT trainer*
- 19:00 – 21:00 Festive dinner

DAY OF DEPARTURE

- 08:30 Breakfast
- 10:00 Check-out

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