

Activities

	Day One	Day Two	Day Three	Day Four	Additional Day Four Night Programme
Morning	<ul style="list-style-type: none"> • Arrival from 12pm 	<ul style="list-style-type: none"> • Sunrise yoga • Breakfast at Cascade 	<ul style="list-style-type: none"> • Sunrise coastal walk • Breakfast at Cascade 	<ul style="list-style-type: none"> • Revive - sunrise stretch and tone • Breakfast at Cascade 	<ul style="list-style-type: none"> • Revive - sunrise stretch and tone • Breakfast at Cascade
Early Afternoon	<ul style="list-style-type: none"> • Lunch • HIIT Athletic workout 	<ul style="list-style-type: none"> • Outdoor bootcamp 	<ul style="list-style-type: none"> • Lunch 	<ul style="list-style-type: none"> • Departures from 10am 	<ul style="list-style-type: none"> • HIIT Athletic workout
Late Afternoon	<ul style="list-style-type: none"> • Scenic bike ride 	<ul style="list-style-type: none"> • Lunch • Stand-up paddle boarding 	<ul style="list-style-type: none"> • Beach circuits 		<ul style="list-style-type: none"> • Free afternoon
Evening	<ul style="list-style-type: none"> • Dinner at Cascade 	<ul style="list-style-type: none"> • HIIT Core strength workout • Dinner at local restaurant 	<ul style="list-style-type: none"> • HIIT Power workout 		<ul style="list-style-type: none"> • Sunset yoga • Dinner at Cascade

Please note that activities are subject to change. The additional day of programming falls after day three.

HIIT Athletic & Power

HIIT is a 30 minute high intensity interval training session designed to burn calories, reduce body fat, and tone. This science proven 35 minute work out improves cardiovascular fitness, speed, agility and challenges your fitness beyond your normal physical limits.

Sunrise & Sunset Yoga

The perfect start to your day. This session focuses on breathing and synchronised flowing movement. From sun salutation to the cobra pose, increase your flexibility and improve body strength. Experience total relaxation in this beautiful sunrise setting.

Sunrise Coastal Walk

A great way to kickstart the day with this less intense activity. This trail will take you to Ponta Lighthouse and Dona Ana Beach. The scenery is spectacular and we will have time to take it all in before breakfast back at the hotel.

Stand Up Paddle Boarding

The best way to discover the beautiful coastline of Lagos and cool down in the Atlantic waters. Be sure to bring your waterproof camera on this one to capture the best views of Ponta da Piedade.