

Finding Winning Moments

May 28th – June 1st – Praia Da Luz

Day 1: Wednesday 28th May

5:00 PM

Welcome To The Villa

5:30 PM

Walk To The Beach

6:00 PM

Meet The Team & Introductions

7:00 PM

Welcome Dinner In The Villa

8:30 PM

Chill & Chat In The Villa

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Day 2: Thursday 29th May

7:30 AM

Breakfast

8:00 AM

1:1 Wellness Monitoring

9:30 AM

Training In Titan Fitness

11:00 AM

Brunch at Kinoah

11:45 AM

Goal Setting Workshop

1:30 PM

Lunch at Kinoah

2:30 PM

Fundamentals Of Nutrition Workshop

4:00 PM

Training In Titan Fitness

5:00 PM

Walk Back to the Villa

6:30 PM

Dinner In Luz



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Day 3: Friday 30th May

7:30 AM

Breakfast

8:00 AM

1:1 Wellness Monitoring

9:30 AM

Training In Titan Fitness

11:00 AM

Brunch at Kinoah

12:00 PM

Gut Health, Sleep & Stress Management Workshop

1:30 PM

Lunch at Kinoah

2:30 PM

Performance Nutrition Workshop

4:00 PM

Training In Titan Fitness

5:00 PM

Walk Back to the Villa

6:30 PM

Cook In The Villa

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Day 4: Saturday 31th May

7:30 AM

Breakfast

8:00 AM

1:1 Wellness Monitoring

9:30 AM

Training In Titan Fitness

11:00 AM

Brunch at Kinoah

12:00 PM

Practical Workshop In the Villa

1:30 PM

Lunch at Kinoah

2:30 PM

Game Plan & Action Summary Session

4:00 PM

Beach Session & Sea Dip

5:00 PM

Walk Back to the Villa

6:30 PM

Dinner in Luz & Social Event

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Day 5: Sunday 1st June

10:00 AM

Breakfast

11:00 AM

Group Hike

1:00 PM

Lunch at Kinoah

2:00 PM

Depart With Purpose

