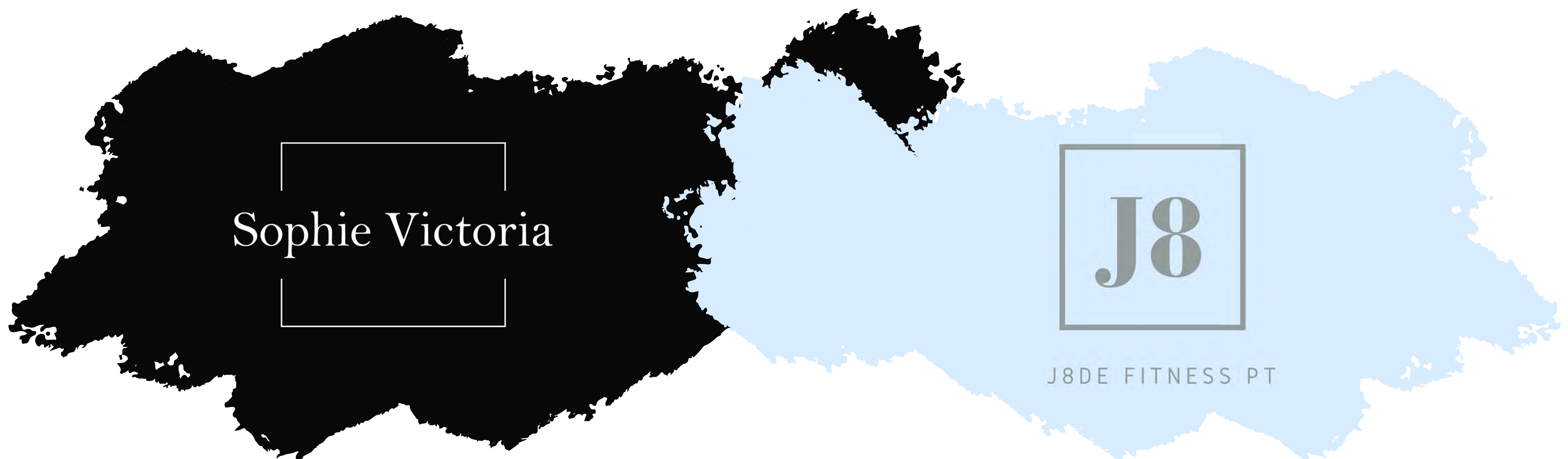




FITNESS

SUMMER CAMP

Sophie Victoria X Jade Hannaford



www.lastovoholidays.hr

when

16 - 20 Oct 2024

where

Croatia, Lastovo holidays

Lastovo Island, Zaklopatica Bay

featuring

Lastovo holidays crew • Fitness classes • Food • Excursions

Nutritionist • Taxi driver • Boat trips • Photography

Accommodation • Happy ppl • Fitness trainers • Smoothie bar

quick overview

Training facility is sea front and located on the island of Lastovo in Zaklopatica Bay. Our current equipment inventory is primarily Rouge fitness plus some unusual equipment like kayaks, paddle boards...

Clients are offered the training facility, accommodations directly behind the training facility (usually two to a room, option for single room available), and the three meals at our restaurant as part of the package.

The menu for meals is almost entirely sustainable, as we use locally grown products, and the menu has been organized and developed with the help of a nutritionist to ensure nutritional balance along with demands of training. Additionally, there is a smoothie bar with supplements, super foods and a mix of fresh and frozen fruits for clients to use whenever they feel during the day. We can customize the menu to accommodate clients with special diets or allergies.

We also schedule excursions to give clients the chance to see the island and scenic spaces of the island to create some mindfulness in their training as well as their overall stay. These activities and their associated travel are planned and accounted for in the package.

day 1

16th October
Wednesday

- 2:00 pm • Depart from split via Passenger ferry
- 5:30 pm • Arrival at Lastavo and transport to apartments
- 6:30 pm • Dinner
- 8:00 pm • Welcome Briefing

day 2

17th October
Thursday

- 8:00 am • Snacks/Coffee
- 8:30 am • Lets Sweat Workout
- 9:45 am • Breakfast
- 11:00 am • Lastovo village
- 2:30 pm • Late lunch
- 4:00 pm • Hum Hike
- 6:00 pm • Sunset Mobilise and Stretch time TBC - (Hum)
- 7:00 pm • Dinner

day 3

18th October
Friday

- 7:30 am • Snack/Coffee
- 8:00 am • Partner Workout
- 9:30 am • Breakfast
- 11:00 am • Lets Lift Workout
- 1:00 pm • Lunch
- 3:00 pm • Drive to Skrivena Luka (Porto Rosso) - beach/swim/bar time
- 7:00 pm • Dinner at Porto Rosso

day 4

19th October
Saturday

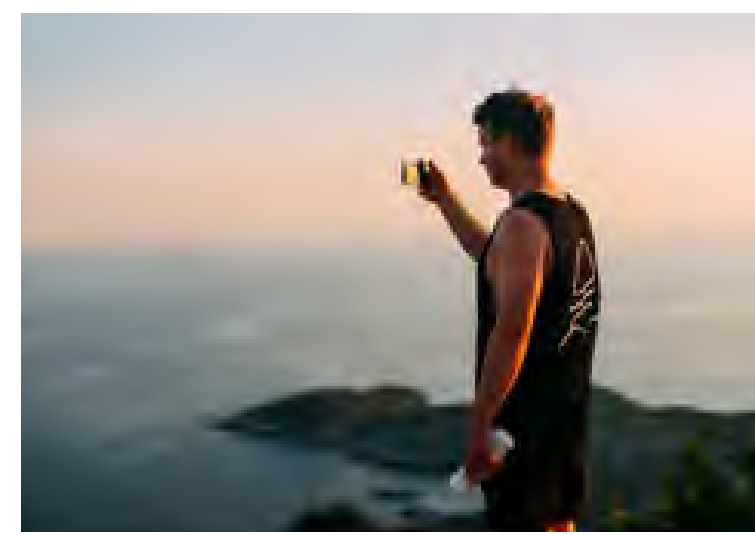
- 7:30 am • Smoothie Bar/ Coffee
- 8:00 am • Workout
- 9:30 am • Breakfast
- 11:00 am • Chill/Free time - Paddle - boarding/kyaking
- 13:00 pm • Lunch
- 2:30 pm • 5 min boat drive to Mihajla beach for swim/watersports/chill/volleyball etc.
- 6:30 pm • Dinner
- 8:30 pm • Wine tasting

day 5

20th October
Sunday

- 7:00 am • Smoothie bar / Coffie / Snacks
- 7:30 am • Partner Comp
- 10:00 am • Brunch
- 12:15 pm • Transport to Passenger ferry
- 13:00 pm • Passenger ferry departs (packed lunch)





your active vacation destination!

