



FITNESS

SUMMER CAMP



LIFTINGWOMEN



www.lastovoholidays.hr

LIFTING WOMEN x LASTOVO HOLIDAYS

when

18 - 25 May 2025

16 - 22th of June 2025

where

Croatia, Lastovo holidays
Lastovo Island, Zaklopatica Bay

featuring

Alex Hipwell • Fitness classes • Food • Wine tasting
Excursions • Nutrition advice for women • Boat trips • Photography
Accommodation • Amazing company • Smoothie bar



day 1

- 15:00 • Depart from Split via catamaran
- 18:30 • Arrival at Lastovo and transport to apartments
- 20:00 • Dinner
- 21:00 • Welcome Briefing with Alex and Lastovo Holidays team

day 2

- 07:30 • Snack
- 08:00 • Conditioning
- 09:00 • Breakfast
- 10:00 • Drive to Lastovo village and explore the village by foot
Includes time to visit the super-market for anything you might have forgotten to bring before returning to Zaklopatica
- 13:30 • Lunch
- 16:30 • Workout
- 19:00 • Dinner



day 3

- 07:30 • Snack
- 08:00 • Conditioning
- 09:00 • Breakfast
- 11:00 • Workout
- 13:30 • Lunch
- 16:30 • Boat trip to Mihajla beach for swim / water sports / chill out and read a book / SUP/ volleyball
- 20:30 • Dinner



day 4

- 07:30 • Smoothie bar
- 08:00 • Conditioning workout
- 09:00 • Breakfast
- 10:00 • Boat trip to the island of Saprun
The boat will anchor for a while so you can snorkel
- 14:00 • Late Lunch
- 16:30 • Training
- 19:00 • Dinner



day 5

- 09:00 • Breakfast
- 10:00 • Training
- 12:30 • Lunch
- 14:00 • Drive to Skrivena Luka (Porto Rosso) for beach/swim/bar time
- 19:00 • Dinner at Porto Rosso

day 6

- 07:30 • Snack
- 08:00 • Conditioning
- 09:00 • Breakfast
- 11:00 • Workout
- 13:30 • Lunch
- 15:00 • Boat trip to Pasadur for swim/sunbath/bar time
- 20:30 • Late dinner
- 21:30 • Star gazing



day 7

- 08:30 • Breakfast
- 10:00 • Workout
- 12:30 • Lunch
- 16:00 • Surfing
- 19:00 • Dinner and departure briefing, before settling in for early night before the early start



day 8

BUFFET/PACKED BREAKFAST

- 6:15 • Taxi to catamaran
- 7:00 • Catamaran departs

your active vacation destination!

LASTOVO
HOLIDAYS