LASTOVO HOLIDAYS

FITNESS

SUMMER CAMP

www.lastovoholidays.hr

when

May - Sept

where

Croatia, Lastovo holidays
Lastovo Island, Zaklopatica Bay

featuring

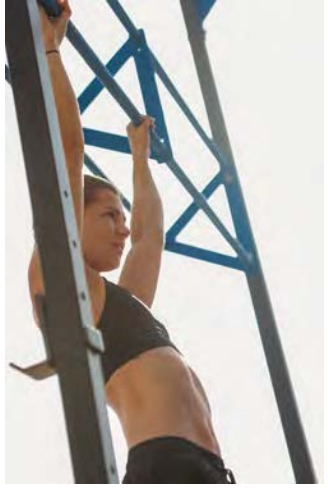
Fitness classes • Food • Wine tasting
Excursions • Nutrition advice • Boat trips • Photography
Accommodation • Amazing company • Smoothie bar

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 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 Saplun

  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

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