



SAT 3RD SEP

01:50	MEET IN THE GYM FOR TRANSFERS TO AIRPORT
05.55	FLIGHT TO MALAGA
09:55	ARRIVE IN MALAGA
14:00	CHECK IN APARTMENTS
18:00	WAXFITNESS BEACH RUN
20:00	DINNER (TBC)

SUN 4TH SEP

7:00	BREAKFAST
8:00	TRAIN TO FUENGIROLA
9:00	MOUNTAIN BIKING TRIP
16:00	RETURN BIKES
17:00	RETURN TO MALAGA
20:00	DINNER (TBC)

MON 5TH

8:00	BREAKFAST
9:00	MOBILITY SESSION
9:30	WAXFITNESS BEACH WORKOUT
10:30	FREE TIME
13:00	BEACH CORE WORKOUT
13:30	FREE TIME
18:00	WAXFITNESS BEACH WORKOUT
20:00	DINNER (TBC)

TUE 6TH

8:00	BREAKFAST
9:00	MOBILITY
9:30	WAXFITNESS BEACH WORKOUT
10:30	FREE TIME
13:00	BEACH CORE WORKOUT
13:30	FREE TIME
18:00	TRAIN TO FUENGIROLA
19:30	BAR LA PAZ GARRIDO
22:00	RETURN TO MALAGA

WED 7TH

8:00	CHECKOUT FROM APARTMENT
8:40	TRAIN TO MALAGAAEROPORT
11:40	FLIGHT TO LONDON GATWICK

ESSENTIALS

BIKE SHORTS /TOWEL/ SWIMWEAR
SUNCREAM /GYM KIT
TRAVEL ADAPTOR/ TRAINERS
HEADPHONES/SUNGLASSES
CARRY-ON BAG Allowance: Onboard MAX 10 KG Wheels: Allowed/Not mandatory 40 x 30 x 20 cm* FOR FREE
6 BEDROOM APARTMENT WITH POOL (SURPRISE)

Restaurants & cafes

- Restaurant Restaurante Playa

750 yards

- Restaurant El Pescador

800 yards

- Cafe/bar Los Parales

800 yards

- Restaurante El Tintero

800 yards

- Cafe/bar Eva

800 yards

- Cafe/bar Narval cafe

850 yards

Beaches

- El Chanquete Beach
800 yards
- El Palo Beach
950 yards
- El Candado Beach
1,150 yards
- Las Acacias Beach
1.1 miles
- Fabrica de Cemento Beach
1.1 miles