



# MULTI-SPORT CAMP AT MONTE FELIZ, GRAN CANARIA

## DAY 1 TIME ARRIVAL & WELCOME

Afternoon	Arrival & check-in
16:00 — 17:00	Welcome meeting & orientation
17:30 — 18:30	Light Hyrox session (intro & technique) - by Josh
19:30	Dinner (healthy, balanced menu)
Evening	Free time / optional walk

## DAY 2 TIME RUNNING, HYROX, AND FUNCTIONAL OR CROSSFIT

07:00 — 09:00	Free time / Optional participation in hotel group classes
09:00 — 10:00	Breakfast
10:30 — 12:00	Hyrox training session (circuit style, weights + functional training) - by Josh
12:30 — 13:30	Lunch
14:00 — 16:00	Free time
16:00 — 17:30	Evening run - by Josh
19:00	Dinner
Evening	Free time / social activities

## DAY 3 TIME YOGA OR PILATES, FUNCTIONAL OR CROSSFIT, AND PADEL

07:30 — 08:30	Private Yoga or Pilates - by Monte Feliz coach
09:00 — 10:00	Breakfast
11:00 — 12:30	Functional or CrossFit sessions - by Josh
13:30 — 14:30	Lunch
15:00 — 16:00	Free time
16:30 — 18:00	Padel session - by Monte Feliz Coach
19:00	Dinner
Evening	Free time / social interaction

## DAY 4 TIME RUNNING, FUNCTIONAL OR CROSSFIT, AND SEA KAYAK

07:30 — 08:30	Morning run or optional swim - by Josh
09:00 — 10:00	Breakfast
10:30 — 12:00	Functional or CrossFit sessions - by Josh
12:30 — 13:30	Lunch
14:00 — 16:00	Sea Kayak - by Monte Feliz Coach
16:30 — 19:00	Free time
19:00	Dinner
Evening	Optional games / team activities

## DAY 5 TIME WRAP-UP & DEPARTURE

07:30 — 08:30	Morning stretch & light activity - by Josh
09:00 — 10:00	Breakfast
10:30 — 12:00	Final Hyrox challenge session (friendly competition) - by Josh
12:30 — 13:30	Lunch
14:00	Check-out / departure