

# HUMAN FIT

## **SEPTEMBER 07 – ARRIVAL & CHECK-IN**

Participants arrive during the day – Check-in  
6:00 PM – Aperitivo / Briefing (Tirovino Wine Bar)  
8:00 PM – Dinner at Ristorante Borgo Antico

## **SEPTEMBER 08**

7:00 AM – Power Yoga (Piazzetta Petrone – Marina Piccola)  
9:00 AM – Team Presentation  
9:30 AM – Calisthenics with Khalil  
11:00 AM – Flow Rope Training with Leo (Taiwan)  
Lunch  
4:00 PM – Kettlebell with Coach Maurizio

## **SEPTEMBER 09**

7:00 AM – Power Yoga  
9:30 AM – Barbell Crush with Paola  
Lunch  
3:00 PM – Calisthenics with Khalil  
4:30 PM – Landmine with Coach Junior

## **SEPTEMBER 10 – HYBRID DAY**

9:00 AM – Kettlebell with Coach Maurizio  
10:30 AM – Landmine with Coach Junior  
Lunch  
3:00 PM – Barbell Crush with Paola  
5:30 PM – Rooftop Power Yoga Session  
Aperitivo to follow (Fee applicable)

## **SEPTEMBER 11 – ADRENALINE & NATURE**

8:30 AM – Kettlebell with Coach ABed Gh  
10:30 AM – Grotte Marine di Vieste Excursion (Fee applicable)  
Secret Beach Workout with Coach ABed Gh (During Excursion)  
5:00 PM – Outdoor Training – All Coaches

## **SEPTEMBER 12 – THE FINAL SHOWDOWN**

9:00 AM – SWEAT & SAND – Ultimate Fit Challenge (Marina Piccola)  
Lunch  
2:00 PM – Secret Beach Training – All Coaches  
8:00 PM – Arm Wrestling Workshop with Coach Nicola  
Awards Ceremony

## **SEPTEMBER 13 – CHECK-OUT & GOODBYES**

8:00 AM – Breakfast at Borgo Antico  
Final Gathering – See you next time!