

Eat Sleep Train Repeat travel itinerary*

- FARMHOUSE FITNESS -

SUNDAY

15.00 and onwards
Arrival day
Introduction
Stretching in the gym
Dinner served at
Farmhouse Fitness (FHF)

MONDAY

Workout
Breakfast at FHF
Beach day
Packed lunch at beach
Afternoon workout
Dinner at FHF

TUESDAY

Morning Lions Head Hike
Packed breakfast
Head home for free time
OR explore Camps Bay
Lunch at FHF
Afternoon workout
Dinner at FHF

WEDNESDAY

Workout
Chilled day at FHF
OR add on Safari Day
Breakfast & Lunch
included in both options
Afternoon workout
Evening Yoga
Dinner at FHF

THURSDAY

Workout
Chilled day at FHF **OR**
head in to Cape Town;
V&A Waterfront, Table
Mountain, Museums ect.
Lunch (can be packed)
Afternoon workout
Dinner at FHF

FRIDAY

Workout
Chilled day at FHF **OR**
Shark Cage Diving tour
Breakfast & Lunch
included in both options
Afternoon yoga
Early dinner at FHF
Night Market

SATURDAY

Stretching in the gym
Breakfast at FHF
OR brunch at P&J
Lunch at FHF
OR wine tasting lunch
Afternoon workout
Dinner at FHF

SUNDAY

Breakfast
Check out 10.00



*Adventures marked in red to be added separately on arrival if you wish.