**Beispielwoche Portugal**

**Noch nicht final!**

MOVEMENT COACH
Bastian Buselin

| | Samstag | Sonntag | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|---|---|---|---|---|---|---|---|---|
| 08:00 - 09:00 | | | Yoga | | | HIIT | | Yoga |
| 09:00 - 10:00 | A | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 10:00 - 11:00 | N | Basic Movements | | Optional | Wanderung | Optional | Basic Movements | Auschecken |
| 11:00 - 12:00 | R | am Strand | Mind Workshop | Surf | Cape Mondego | Diverse | am Strand | A |
| 12:00 - 13:00 | E | | | Kurs | | Freizeitaktivität | | B |
| 13:00 - 14:00 | I | Mealprep | Mealprep | | Picknick | | Mealprep | R |
| 14:00 - 15:00 | S | | | Mealprep | Boa Viagem | Mealprep | Foodworkshop | E |
| 15:00 - 16:00 | E | | | | | | | I |
| 16:00 - 17:00 | Einchecken | | HIIT | | | | | S |
| 17:00 - 18:00 | Yoga | Sundowner Run | | Yoga | Yoga | Yoga | Sundowner Run | E |
| 18:00 - 19:00 | | | | | | | | |
| 19:00 - 20:00 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | |