

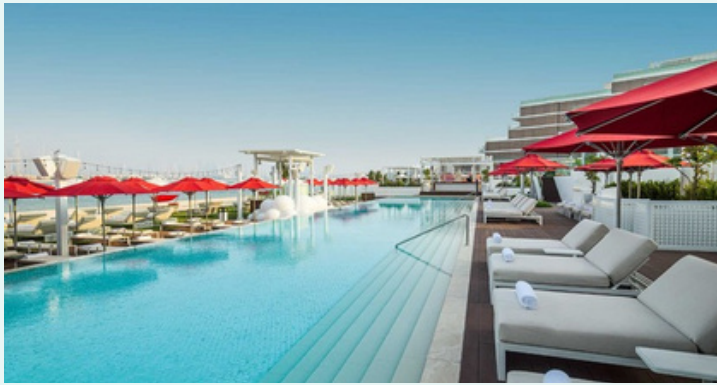


BeFitreat

A 7-day fitness retreat

AT Th8- The Palm, Dubai

29th January - 5th February 2023



AN ALL INCLUSIVE MIND, BODY & SOUL RETREAT



YOGA



HIIT & STRENGTH



THAI BOXING



NUTRITION



MINDFULNESS



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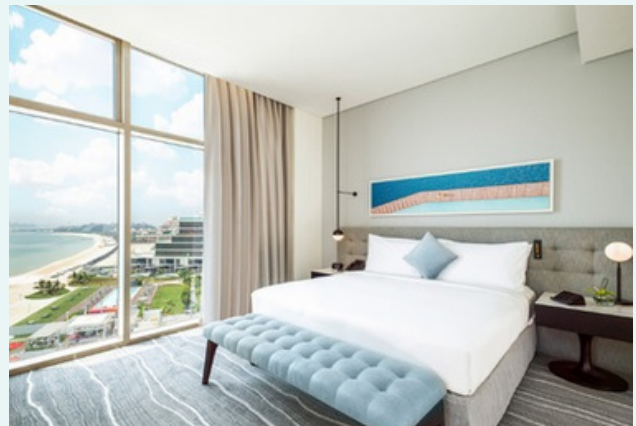
Info@befitreat.Com



+971 58 510 4359

Why Join Us?

- You are in need of a break from your daily grind.
- You need to invest in your health and fitness.
- You need to reboot, re-energise and invigorate your life with a fun filled fitness holiday.
- You want to be coached by the best international coaches in the business.
- You dream of spending your next holiday at Th8-The Palm, Dubai with like minded people.
- You are ready for a change.



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BeFitreat

What's included

This all-in-one package gives you daily workouts from top trainers, nutritious fuel to support your exercise along with seminars to help expand your knowledge about your body. Not enough? Your accommodation hosts luxurious single or double rooms, a state-of-the-art spa, outdoor pool and soft, white sand beaches.

- 7Nights / 8 Days Stay at Th8 Dubai – The Palm.
 - HIIT On The Beach, Strength And Conditioning, Yoga etc.
 - Special guest appearance by international coaches.
 - Nutrition, Mindfulness & 'Design Your Own Workout'
 - Breakfast And Lunch OR Dinner.
 - Top International Coaches.
 - Access to two state-of-the-art pools and the calm Dubai Palm Waters.
 - Goodie Bags worth over AED 1000
 - Exclusive BeFitreat Membership
 - Visit to the Dubai Desert Safari & Dubai Fountains
- and a unique adventure day including hiking and scuba diving/snorkel.



Double booking
\$2,450 USD
per person

SINGLE booking
\$3,800 USD
per person

25% payment upfront.
balance to be paid 4
weeks prior to arrival.



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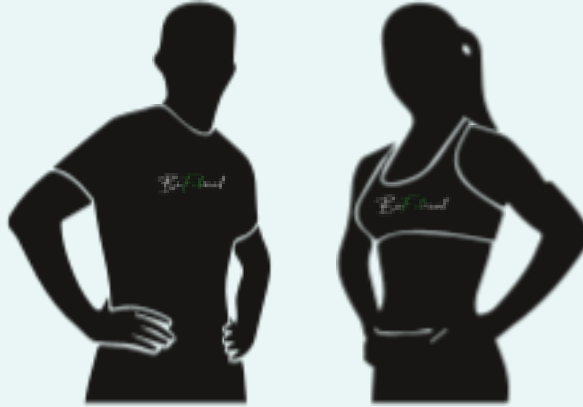


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Special Guest Announced soon...



Featured Coaches & Hosts



SARAH GIRGIS

Co-Host and CEO of BeFitreat

Sarah is the founder and CEO of BeFitreat with a passion for bringing people together in inspiring surroundings to invest in their health and fitness and build a community of healthier and happier people.



ROB DONKER

Resident BeFitreat Coach, HIIT Coach, Mindfulness and Nutrition Workshops

We will also be joined by our favourite Resident Head Coach Rob Donker. Rob brings over 15 years of experience in the UAE as a health coach and motivator. Rob will take you through the HIIT sessions on the beach, nutrition & Mindfulness sessions.



HELEN LOWE

Co-Host and Yoga Teacher

Helen is a yoga teacher and a fitness and wellness enthusiast, embodying BeFitreat's values. She has been teaching private yoga for 3 years and is now joining our retreat to share her passion with you. Her style is a gentle Hatha flow, combining flexibility, mobility and strength and is suitable for all levels.

TIMETABLE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30/07.00 -08.00	Early check-in upon request	INVIGORATE Beach HIIT 07.00	MORNING ZEN Yoga 06.30	ADVENTURE DAY	MORNING ZEN Yoga 06.30	INVIGORATE Beach HIIT 07.00	MORNING ZEN Yoga 06.30
Breakfast			Active Recovery Exciting day trip showcasing other parts of the UAE				Farewell Breakfast (with Befitreat Team) Check Out
10.30-11.30		"Feed your Needs" Nutrition Workshop	MUSCLE LAB Strength & Conditioning	Various activities throughout the day available	MUSCLE LAB Strength & Conditioning	'Design your own workout' Workshop	MUSCLE LAB Strength & Conditioning
Lunch							
13.30-14.30	Check In at 15.00	MUSCLE LAB Strength & Conditioning		Scuba diving* Mountain Hiking Snorkeling UAE Hidden Gems	Free Slot** Desert Safari or Chill/Pool time	KNOCK OUT Boxing / Muay Thai	KNOCK OUT Boxing / Muay Thai
16.00-16.30	Intro Session 'State Your Intentions!' (BeFitreat Team)					Chill/Pool time	
16.30-17.30	SUNSET ZEN Yoga 17.30	KNOCK OUT Boxing / Muay Thai	KNOCK OUT Boxing / Muay Thai			Chill/Pool time	Farewell Sunset Drinks
Evening	Dinner	Dinner	Optional Dinner by Dubai Fountains with Group		Dinner at LIV or DESERT SAFARI inc. BBQ	Dinner	Dinner

*Option 1: Desert Safari Tour (additional cost) | Option 2: Chill/Pool time | **Scuba Diving - Additional costs

- INVIGORATE** - A mix of dynamic stretching & high intensity movements to get your day revved up.
- MORNING ZEN** - Energised Hatha based yoga flow to focus your mind and body for the day ahead.
- EVENING ZEN** - Stretch and Soothe Hatha based yoga for post travel feelings.
- KNOCK OUT** - Boxing skills in a high energy class teaching stance, movement patterns, punching and kick combos.
- MUSCLE LAB** - Meticulously designed strength & conditioning sessions to help build and develop your body.
- ADVENTURE DAY** - Pick up at 6am. Drive to Fujairah for a hike, beach workout, Lunch, Option for scuba diving and/or snorkeling, sunset watching and drive back. Drop off

