

GOLD EXCLUSIVE

The program

The Gold Exclusive Package will provide you 100% privacy during your stay and all training sessions will be private.

You will be trained and educated in all of our "16 secrets" and come one big step closer to fulfilling your biggest dreams.



9.30 am

Welcome to The Performance Retreat and check in

10.15 am

Protein and energy Boost

10.30 am

Introduction to the The Performance Retreat 7 days program

11.30 am

The full body life scan

12.30 pm

Lunch

13.30 pm

Introduction to The Performance Retreat values

14.00 pm

Power breathing

14.30 pm

Strength & Condition test

15.20 pm

Protein boost juice

15.30 pm

Thank you for a lovely day