

Herb House

Welly Boot Camp

A Big WELCOME! My name is John and I will be your Boot Camp Instructor. You're going to face a few challenges; my promise is never to leave you behind, to coach, encourage and teach you about how fitness can complement your lifestyle so health works with you and not against you.

Here is your schedule whilst you are with us. Sessions may vary due to the weather.

Sunday – Kick Start

TIME	EVENT
14:00	Check In
14:30-18:00	Mini Body MOT's
18:00-18:30	The 'New You' Seminar
19:30-21:00	Nutritious detox dinner – Scullery
21:00 – 21:30	Take a casual walk around the grounds
22:00	Sleep Tight - ZZzzzzzzzz

MONDAY – Body Blitz

TIME	EVENT
7:00	Wake up call/Herb Infusion
7:30-8:00	Short Interval Run
8:15-9:00	Nutritious detox breakfast – Raw & Cured
10:00-11:30	Revitalising Yoga
11:45-12:15	Ab attack
12:30 -13:30	Nutritious Detox Lunch – Raw & Cured

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14:00-15:30	Sand Dune Obstacle Course
15:45-16:00	Juice/Smoothie Break – Raw & Cured
16:15 – 17:00	Recovery Class
17.00 – 19.00	Mud House (45 mins) / Hydro pool/forest sauna/steam (revitalizing))
19:30-21:00	Nutritious detox dinner – Scullery
21:00 – 21:30	Take a casual walk around the grounds
22:00	Sleep Tight - ZZzzzzzzzz

TUESDAY – Push Through!

TIME	EVENT
7:00	Wake up call/Herb Infusion
7:30-8:15	Long Interval Run
8:30-9:15	Nutritious detox breakfast – Raw & Cured
10.00-11:00	Zumba
11:15-12:00	Cardio circuits
12:15 -13:30	Nutritious Detox Lunch – Raw & Cured
14:00-15:30	Forest Obstacle Course
15:45-16:00	Juice/Smoothie Break – Raw & Cured
16:30 – 17:00	Recovery Class
17.00 – 19.00	Deep Tissue Massage / Hydro pool/forest sauna/steam (revitalizing))
20:00-21:00	Nutritious detox dinner – Dining Room
21:00 – 21:30	Take a casual walk around the grounds
22:00	Sleep Tight - ZZzzzzzzzz

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WEDNESDAY – Feel the Burn!

TIME	EVENT
7:00	Wake up call/Herb Infusion
7:30-8:15	Short Interval Run
8:45-9:30	Nutritious detox breakfast – Raw & Cured
10:00-10:45	Kettle Bells
11:00-12:00	Satellite circuits
12:30 -13:45	Nutritious Detox Lunch – Raw & Cured
14:00-15:30	Bolters Bench Obstacle Course
15:45-16:00	Juice/Smoothie Break – Raw & Cured
16:15 – 17:00	Recovery Class
17.00 – 19.00	VOYA Facial/ Hydro pool/forest sauna/steam (revitalizing))
20:00-21:00	Nutritious detox dinner – Dining Room
21:00 – 21:30	Take a casual walk around the grounds
22:00	Sleep Tight - ZZzzzzzzzz

THURSDAY – Feeling Awesome!

TIME	EVENT
7:00	Wake up call/Herb Infusion
7:30-8:15	Core balance
8:30-9:30	Nutritious detox breakfast – Raw & Cured
10:00-10:45	Aqua fitness

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12:00-12:30	Graduation Ceremony – Herb House
12:30 -13:45	Nutritious Detox Lunch – Raw & Cured
14:00	Checkout

A few Essentials

- Outdoor Trainers (a pair that you don't mind getting muddy)
- Indoor Trainer (Nice and clean for the gym)
- Running jacket with hood (light waterproof Coat)
- Shorts and tracksuit bottoms
- T-Shirts
- Fleece/sports jumper
- A smile!

What to expect

- Experience New Training Techniques
- Tough, but motivating training
- Relaxation
- A Starting point/Kick Start Training
- Understanding about your body
- How to deal with socializing with your new lifestyle
- Support & Motivation in Training
- A Fun and new way to look at health
- Daily Homework

Looking forward to meeting you all

Herb House Fitness Team

DATES:

26th February

25th March

22nd April