

Allington Boxing

In collaboration with Tenerife Retreat



Retreat Detail



Included

- 7 Nights stay in a private villa – Towels provided
- Airport pick up and drop off
- In-house Fitness Trainer – Beach and garden workouts
- In-house Chef – Providing morning smoothie, breakfast, lunch, mid-afternoon snack and dinner
- Guided hike
- Viewpoint and sunset walks
- One 30 minute massage
- One access to thermal spa
- One pre-planned excursion
- Two yoga sessions with external instructor
- One Powerwave session with external instructor

Not Included

- Food and transport for final day – this is a day for you to explore the island via your own arrangements
- Any other excursions, water sports and activities
- Flights

Example Schedule One



Morning

- 7:00 – Smoothie and Shot
- 7:30 – Mobility movement in garden
- 08:15 – Breakfast
- 9:00 – Guided hike

Afternoon

- 12:30 – Lunch after hike
- 14:00 onwards – Massages in the garden and chill by the pool
- 15:30 – Afternoon snack

Evening

- 19:00 – Dinner
- 20:15 – Sunset Yoga

Example Schedule Two



Morning

- 7:00 – Smoothie and Shot
- 8:00 – Beach workout
- 10:00 – Breakfast
- 11:30 – Guided skilled boxing workout

Afternoon

- 12:45 – Lunch
- 13:30 – 17:30 – Time for you (Beach or Pool)
- 15:30 – Afternoon snack

Evening

- 18:00 – Dinner
- 19:30 – Evening stretch and sunset walk

Sample menu



Pre workout

Fruit smoothie and ginger shot

Breakfast

Baked breakfast muffins/Avocado on toast with poached egg/Shakshuka

Lunch

Chicken and roasted veg/Caprese inspired salad/Moroccan chicken and cous cous/Frittata

Afternoon Snack

Fresh fruit and nuts/Granola/Sweet potato wedges/Flat bread and hummus

Dinner

Fillet steak with mash and veg/Thai curry/Tapas/BBQ