

TIGER FITNESS HOLIDAYS

13/06/2020 to 20/06/2020



Tiger Training is offering you the chance to join us on a fabulous fully inclusive fitness vacation.

The Venue:

Unique newly refurbished and 7 bedroom villa with pool, air conditioning, 2 games rooms, WiFi, garden, and barbecue, affording a peaceful location in Vale de Parra, within a short drive from marvellous beaches, golf and amenities, and only 10 minutes drive/30 minutes walk from Albufeira Town with its restaurants, shops and bars.

This lovely property is completely walled and fenced, featuring a well-kept garden with a lawn and trees at the front and a beautiful pool area with large terraces, sun loungers, parasols, barbecue and shower at the rear. A beautifully built brick wall with gated entrance gives access to an on-site – it's the perfect place for your fitness holiday.

What's included?

- Accommodation — Luxury twin or private rooms are available

- Flights from London airport. (1 small bag with a small suitcase. **ANYTHING MORE YOU WILL NEED TO PAY FOR UPGRADE.**)
- All meals/snacks (our chef will prepare and serve these daily)
- Airport transfers (in a private taxi via [yellowfish](#))
- Up to 6 hours of training per day. Our day starts at 7am, finishing at 1:30pm and includes a complete variety of sessions including box fit, circuits, hit, core, zumba, kayaking, bike riding, beach sessions plus lots more! We also understand that everybody comes for different reasons, whether its weight-loss, fitness, or relaxation – which is why all sessions are optional and depending on your goals we will advise on how many sessions to do to help you achieve them.
- Full use of fitness equipment (Kettlebells, yoga mats, hand weights, body pump bar and much more
- Healthy living workshops on Lifestyle, Nutrition, and Exercise
- Relaxation time — we will have a few hours chill out time daily where you can relax, soak up the sunshine, and have freedom to explore the area.
- Other activities are available around the location.(Boat trips, Horse riding, Snorkelling... **Those extra activities will not be included in the package.**)
- Night out meal on the beach front. (30 euros ahead, anything more be your responsibility)

Extras

- Massages (our masseuse comes in throughout the week – only 25 Euros for 30 minutes)
- Afternoon activities such as boat trip or horse riding. Activities you chose to do!!

There is a maximum of 11 people for this vacation – so book now with a deposit of just £75 to confirm your place!

We are also offering a payment plan for this bootcamp, please [Contact](#) me for details .

Prices: £949 non sharing.

£849 shared room.

Get in touch for more details: yohannadam@yahoo.co.uk or
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