



WORKOUTS & WARRIORS ITINERARY

BRAVE - Thursday 8 November

It's time to go!

You've checked three times that the oven is off, you've packed your adaptors & sunscreen, your fave workout gear is waiting to be showcased and your passport's at the ready ... Tahiti here you come!

Today you fly via Auckland, cross the international dateline, and arrive in Tahiti yesterday!

ZEN - Wednesday 7 November

Ia Orana and welcome to Tahiti. Breathe in the tropical aromas as we meet you at the airport. It's late, you're tired so off we head to the Manava Suite hotel, home for 2 nights.

Feeling peckish? We'll be on hand with some late night snacks to keep your belly happy.

Soak up your first impressions of paradise then fall in to a blissful state of sleep.

(S)

DEJA VU - Thursday 8 November

It's Thursday again so you get to relive your day YAY ... but not in an annoying Ground Hog Day kind of a way! Meet Steve & Michelle, the Travel & Tonic team and your fellow warriors at brekky this morning.

Today you'll launch in to your first training session - sure to be hard but worth it! You have lunch included today and also free time to enjoy the infinity pool at the resort.

For dinner tonight the bright lights of the big city are calling as you head to downtown Papeete to dine at the local food vans. Ok so maybe we exaggerated when we said 'big city'!

(B,L,D)

ALLURE - Friday 9 November

After breakfast this morning your destination is Huahine, the Garden of Eden of French Polynesia. You'll be transferred to the domestic airport then hop a quick 40min flight to this island paradise. You'll be met by rugged mountains and pristine lagoon waters so it's time to slow down the pace and get in sync with island time. You'll take a bus, then a boat, to reach the Royal Huahine hotel, our secluded home for the next 4 nights. Explore this little hidden gem before your workout session this afternoon.

Afternoon training session

(B)

SPIRIT - Saturday 10 November

Morning training session

You're training twice today so make sure you find some time to rest up during the day! Between training sessions you may choose to relax beach-side or take the hotel shuttle boat over to explore the main village or simply relax the day away in the lagoon.

Afternoon training session

(B)

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SECLUSION - Sunday 11 November

Today you'll spend the day immersed in the crystal waters of the Huahine lagoon on your full day lagoon excursion. Think tropical fish, tropical fruits, pearls, weaving and a coral garden - it'll be fabulous! Your lunch will be a local one where you can try specialties such as Tahitian marinated fish with lime and coconut milk, breadfruit & taro.

Afternoon training session

(B,L)

ENCOUNTERS - Monday 12 November

Morning training session

Today's the day to try out the kayaks or outrigger canoes, or maybe wander out for a snorkel or even hit the beach volley ball court. You'll be training twice again today.

Afternoon training session

(B)

UNITY - Tuesday 13 November

Morning training session

By now you're well and truly a workout warrior and today you'll share in your last Huahine training session before heading back to Tahiti.

Your final afternoon with your fellow warriors will be spent on the Tahiti lagoon aboard a floating fare hut! Your chef will be cooking up a BBQ storm, the tunes will be local, and you can farewell your island paradise with local beer and wine 'cause you've earned it!

(B,D)

COMBATANT - Wednesday 14 November

You did it! Back slaps and high fives all round!

You leave Wednesday morning, cross the dateline back to reality and arrive back in Auckland on Thursday afternoon to connect with your ongoing flights to your home city.

AU REVOIR - Thursday 15 November

Arrive in Australia

B = breakfast

L = lunch

D = dinner

S = snack dinner

Itinerary order & inclusions are subject to change without notice