

FITNESS joyful weekend

VILLAGGIO SAN FRANCESCO

6TH-7TH JULY

SATURDAY

Beach Yoga (8:00 AM - 9:00 AM):
*Breathing exercises and light stretching.
Yoga poses suitable for all levels.*

Fitness Challenge (10:00 AM - 11:30 AM):
Warm-up exercises and stretching before getting started.

Beach Run (10:00 AM - 11:00 AM):
*Easy jog along the beach.
Tips on posture and running technique provided.
Cool off with a dip in the sea after the run.*

Water Fun (11:00 AM - 12:00 PM):
*Low-impact aerobic activities in the water.
Get everyone involved with fun and engaging exercises.
Lively music to create an energetic atmosphere.*

HAPPY HOUR ON THE BEACH

Kayak Adventure (3:00 PM - 6:00 PM):
*Quick lesson on kayak safety.
Coastal exploration by kayak.*

Sunset YOGA (6:00 PM - 7:00 PM):
*Pilates exercises to improve strength and flexibility.
Final relaxation with the sunset view.*

BBQ night (9:30 PM - 10:30 PM):
*Light and healthy dinner with vegetarian and protein options.
Easygoing music and relaxed atmosphere.
Beach walk after dinner.*

SUNDAY

Morning Beach Bootcamp (8:30 AM - 9:30 AM):
*High-intensity exercise circuit on the beach.
Work on strength, endurance, and agility.
Building a sense of community through team activities.*

Laughter Yoga (10:00 AM - 11:00 AM):
*Laughter yoga session.
Cool off with a dip in the sea at the end of the session.*

Nature Walk (11:30 AM - 12:30 PM):
*Gentle stroll along the coast or nearby.
Moment for reflection and connection with nature.
Final stretching on the beach.*

HAPPY HOUR ON THE BEACH

This program offers a variety of activities suitable for different fitness levels and interests, ensuring inclusivity and participation for all.



WARNING
It causes
happiness

COACH: Silvio Bergamo
Personal trainer and functional and crossfit instructor. Always involved in wellness centers and gyms. He is a sports nutritionist and has had several experiences in wellness centers, understanding how important it is to take care of your guests.

Here all our retreats
organized in Italy and
Croatia



FITNESS joyful weekend

BIVILLAGE

14TH-15TH SEPTEMBER

SATURDAY

Beach Yoga (8:00 AM - 9:00 AM):
*Breathing exercises and light stretching.
Yoga poses suitable for all levels.*

Fitness Challenge (10:00 AM - 11:30 AM):
Warm-up exercises and stretching before getting started.

Beach Run (10:00 AM - 11:00 AM):
*Easy jog along the beach.
Tips on posture and running technique provided.
Cool off with a dip in the sea after the run.*

Water Fun (11:00 AM - 12:00 PM):
*Low-impact aerobic activities in the water.
Get everyone involved with fun and engaging exercises.
Lively music to create an energetic atmosphere.*

HAPPY HOUR ON THE BEACH

Kayak Adventure (3:00 PM - 6:00 PM):
*Quick lesson on kayak safety.
Coastal exploration by kayak.*

Sunset YOGA (6:00 PM - 7:00 PM):
*Pilates exercises to improve strength and flexibility.
Final relaxation with the sunset view.*

BBQ night (9:30 PM - 10:30 PM):
*Light and healthy dinner with vegetarian and protein options.
Easygoing music and relaxed atmosphere.
Beach walk after dinner.*

SUNDAY

Morning Beach Bootcamp (8:30 AM - 9:30 AM):
*High-intensity exercise circuit on the beach.
Work on strength, endurance, and agility.
Building a sense of community through team activities.*

Laughter Yoga (10:00 AM - 11:00 AM):
*Laughter yoga session.
Cool off with a dip in the sea at the end of the session.*

Nature Walk (11:30 AM - 12:30 PM):
*Gentle stroll along the coast or nearby.
Moment for reflection and connection with nature.
Final stretching on the beach.*

HAPPY HOUR ON THE BEACH

This program offers a variety of activities suitable for different fitness levels and interests, ensuring inclusivity and participation for all.



WARNING
It causes happiness



COACH: Martin Juretic

Martin is a seasoned fitness professional specializing in CrossFit and street total body workouts, guiding his clients through intense and varied exercises to maximize strength and endurance. With his innovative approach to fitness, Martin empowers individuals to push their limits and achieve transformative results, fostering a community dedicated to functional fitness and well-being.



Martin_Juretic

Here all our retreats
organized in Italy and
Croatia

