

Want to get away? Want to get fit? Do both in Bali!

Bootcamp Bali 2011

Fit2Go has joined forces with Melbourne based ProSport Health & Fitness & Ayung Sari Indah to present Bootcamp Bali 2011

Sunday 22nd May – Friday 27th May 2011

5 Night trip with the right mix of keeping fit and chilling out in the beautiful tropical surrounds of Bali!

Includes:

- Bootcamp sessions
- Yoga
- Spa Sessions
- Climb a volcano
- Cooking classes
- Hot Springs
- All meals
- Travel Insurance
- ...and more!

\$1795
per person (land only)

Airline Specials currently available to Bali for 2011!

Price is based per person, twin share. Price quoted is based on a minimum of 6 passengers traveling and a maximum of 12 passengers. Covermore Options Travel Insurance is included in the package cost and is mandatory – any passenger departing Australia prior to the commencement date of Bali Boot Camp will need to extend their insurance for the correct amount of days. A non refundable deposit of \$295.00 is required within 7 days of booking being made. Full payment is required by 24 March 2011. Cancellation fees may apply.

Refunds will not be given after journey commencement, even if services are unused or cancelled for any reason.



For info on Bootcamp contact SAM LAWRENCE - 0437 176 347 or tim.hazell@prosport.net.au.
For flights, pre/post accommodation call Nicola at etmgroupp 03 9521 5355 or nicolaj@etmgroupp.com.au

Bali Bootcamp – Program

DAY 1 – FRIDAY

Afternoon or evening arrival in Bali - transfer from Airport to 'Ayung Sari Indah'. Settle into your bungalow with a welcome lemongrass tea. Guests arriving in the afternoon will have dinner around 7.30pm.

Day 2 – SATURDAY

7.00am – 8.00am	ProSport Bootcamp session
9.00am - 11.00pm	Breakfast followed by a jungle trek
12.00pm – 1.00pm	Lunch
2.00pm – 4.30pm	Rest time or shopping in Ubud
5.30pm – 6.30pm	ProSport Bootcamp session
7.30pm – 9.00pm	Dinner

Day 3 - SUNDAY

7.00am – 8.00am	ProSport Bootcamp session
9.00am – 10.00am	Breakfast
10.00am – 3.00pm	Spa session in Ubud with some free time
1.30pm – 2.30pm	Lunch
4:30pm – 6.00pm	Ashtanga Yoga session
7.30pm – 9.00pm	Dinner / Cooking Class

Day 4 - MONDAY

3.15am	Departure for Lake Batur for volcano climb by sunrise. Followed up by a couple of relaxing hours in the Hot Springs. Fresh fish from our fish farm is cooked for lunch at the lake.
Early afternoon	Return to Ayung Sari Indah
5:00pm – 6:30 pm	Cooking class
7.00pm – 9.00pm	Dinner

Day 5 - TUESDAY

7.00am – 8.00am	ProSport Bootcamp session
9.00am – 2.00pm	Cycling tour through Ubud (lunch is included)
2.30pm – 4.30pm	Rest time
4:30pm – 6.00pm	ProSport Bootcamp session group challenges
7.30pm -9.00pm	Special celebration dinner together with our favourite dishes and Gamelan music.

Day 6 - WEDNESDAY

7.00am – 8.00am	ProSport Bootcamp session
8.00am – 9.00am	Breakfast
9.00am - 10.30am	Yoga or Jungle Trek
11.30am	Departure