



GRASSROOTS BOXING RETREAT

A boxing retreat hosted by Grassroots Boxing and Box IQ



WHEN & WHERE

- Leave Dubai **12th of January 3am** and leave Bali **10pm on the 19th of January** flying Economy with Emirates.
- Land in Canggu where we will have private airport transfers to your accommodation.
- We will spend 8 days and 7 nights in the Canggu area all within walking distance to the 4 gym facilities we will visit.
- You will be able to rent mopeds if you like at a preferential rate, otherwise download the app Gogek for getting around out with sessions.
- All activity / retreat location transport will be provided by us.

WHY THIS RETREAT

Train at elite training facilities in the heart of Bali pushing yourself mentally and physically.

Time out of Dubai in nature, waking up in a green environment next to the beach.

Spend the week with like minded people, making new friends and sharing a great experience.

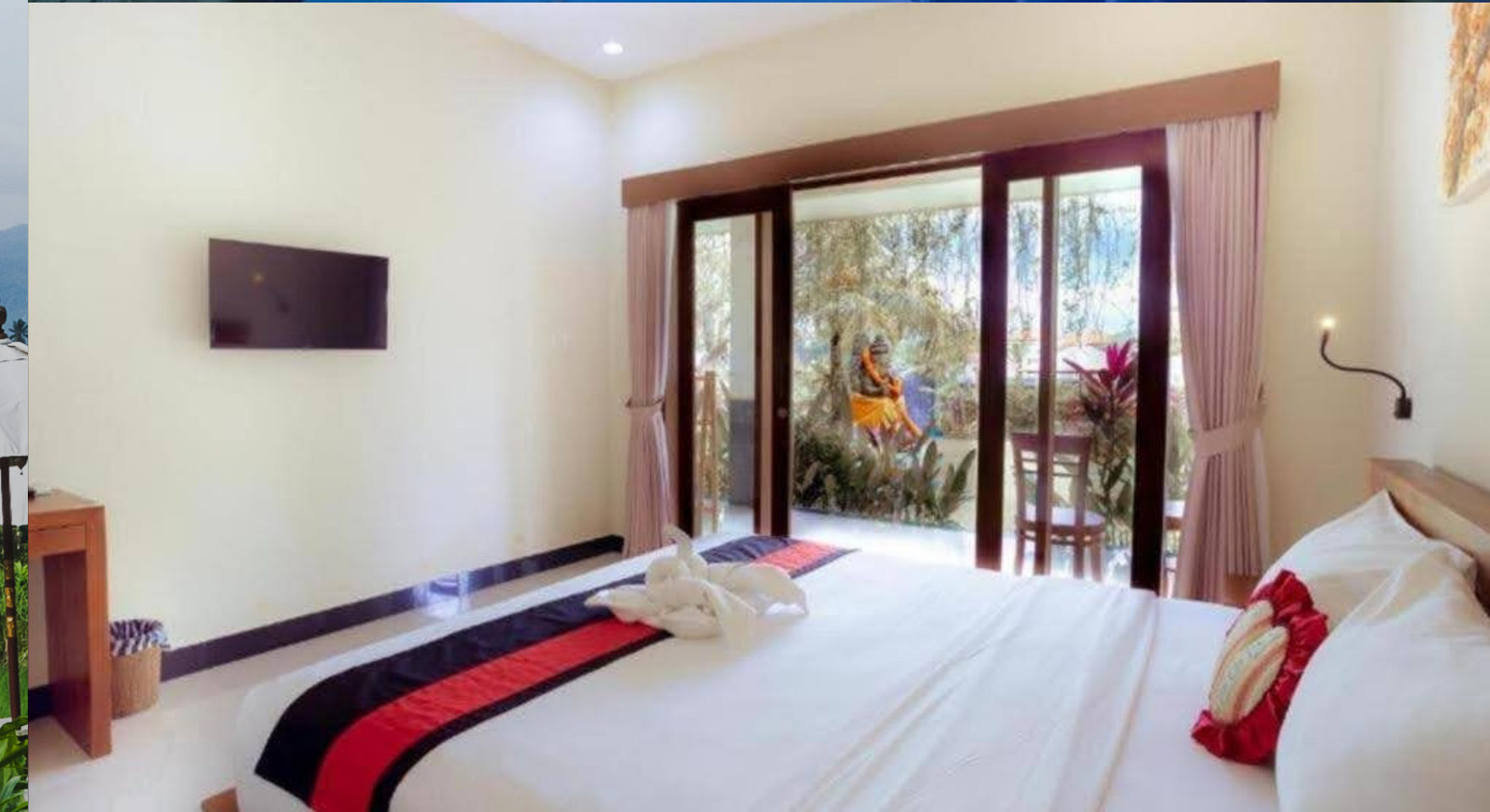
Relax unwind and recover daily with Ice baths, saunas and wellness protocols.

In case it wasn't obvious spend a week in Bali.



ACCOMMODATION

- Private double room with pool and rice fields view
- Onsite restaurant and co-working area
- Breakfast included daily
- Sound proof rooms with flat screen TV's and high-speed internet



THE GYMS

All our boxing classes will be held at **SOMA Fight Club** working with Mike and his skilled team.

We will also do a yoga and flexibility session at Nirvana, a Full day at Wanderlust Fitness Village and a beach workout with a surfing lesson.



TRAINING SCHEDULE

Monday	SOMA	Boxing Pads 8am - 9am followed by ice and sauna
	Nirvana	Yin yoga and sound bath - 6.30pm
Tuesday	SOMA	Boxing Drills and Footwork 8am - 9am followed by ice and sauna
	SOMA	Boxing pads - 4pm - 5pm
Wednesday	SOMA	Explosive Strength 7am - 8am followed by ice and sauna
	SOMA	Boxing Pads 8am - 9am followed by ice and sauna
Thursday	SOMA	Boxing Drills and Footwork 8am - 9am followed by ice and sauna
	WANDERLUST	Hyrox Conditioning 4.30pm
Friday	SOMA	Boxing Pads 8am - 9am followed by ice and sauna
	CANGGU BEACH	Beach workout and surf followed by sunset - 5pm
Saturday	Private session with Luke Howard 10.30am	





EXTRA ACTIVITIES

Sunday Afternoon	Team BBQ and welcome
Tuesday Evening	Sunset beach dinner
Wednesday Afternoon	Amo spa and relaxation or waterfall visit
Friday Evening	Sa Messa restaurant
Saturday	Beds, Drinks, food and access to Finn's Beach Club

RETREAT PACK

STARPRO BOXING GLOVES

GRASSROOTS BOXING T-SHIRT

GRASSROOTS AND BOX IQ WATER BOTTLE

HYDRATION PACK



PRICE - 8,500 AED

Inclusions

- ✓ Return flights
- ✓ Accommodation
- ✓ Daily breakfast
- ✓ All gym, fitness, classes, recovery and wellness sessions
- ✓ All extra activities
- ✓ Airport transfers
- ✓ Welcome pack

Exclusions

- ✗ Lunch
- ✗ Evening meals on Monday, Wednesday, Thursday & Sunday

GRASSROOTS BOXING

