



Lombok (weekly schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00	Yoga		Yoga				
09:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00	Surf lesson + drone	Surf lesson	Surf lesson + drone	Surf lesson	Surf lesson	Surf lesson	Surf lesson
11:00							
12:00		Icebath				Icebath	
13:00	lunch	lunch	lunch	lunch	lunch	lunch	lunch
14:00							
15:00	Video analysis	Surf theory		Video analysis		Surf theory	
16:00	Surf training		Gym class	Surf training	Gym class	Free Gym	Free Gym
17:00	Gym class	Gym class	Surf skate	Yoga	Yoga	Sunset trip	Yoga

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