



Lombok (weekly schedule)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|-------------|-------------|-----------------------|------------------------|--------------------------|-------------|
| | | | | | | |
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Surf lesson | Surf lesson | Surf lesson | Surf lesson + drone | Surf trip +Surf lesson | Surf lesson | Surf lesson |
| | | | | | | |
| Icebath | | | Icebath | | Icebath | |
| Lunch | Lunch | Lunch | Lunch | Pic Nic Lunch | Lunch | Lunch |
| | Surf theory | | Video analysis | | Surf theory | |
| | | | Surf balance training | | | |
| | Pilates | Yoga | Pilates | | | |
| Surf skate | | Sunset trip | | Yin Yoga Meditation | Sade Sasak Village visit | Yoga |

[Book now](#)

Included: Free gym access everyday at **Xeno Fit**, keep your body moving beyond surf and yoga