

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 lesson	Surf lesson	Surf lesson
Icebath			Icebath		Icebath	
Lunch	Lunch	Lunch	Lunch	Beach BBQ	Lunch	Lunch
	Surf theory		Video analysis		Surf theory	
			Surf balance training			
	Pilates	Mobility	Yoga			Yoga
Surf skate				Yin Yoga Meditation	Sade Sasak Village visit	Sunset trip

[Book now](#)

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