

# THE GOOD LIFE WITH NADIA EL FERDAOUSSI



## sample class schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Sunrise Hike		Sunrise Beach Yoga	Sunrise run & swim		
	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	Yoga	Padel			Padel	Mobility	
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	Check-out 10am
Check-in 16:00	Padel		Rest day	Padel		Padel	
	Westlife WOD	Evening yoga					
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	



Nadia  
Host



Lena  
Managing Director &  
Partner



Emma  
Yoga Instructor



Sini  
Sports Massage Therapist



Frank  
Founder & Personal  
Trainer