

## Day 1

### Arrive & Welcome

5:30pm – Meet in lobby  
6:00pm – Welcome dinner

## Day 2

### Train + Sunset

7:00am – Boxing & Muay Thai  
8:15am – Group breakfast  
9:00am – Group sauna/ice  
4:00pm – Tanah Lot  
PM – Group dinner

## Day 3

### Ubud Adventure

7:00am – Boxing & Muay Thai  
8:00am – Group breakfast  
10:00am – Ubud pickup  
PM – Quad biking  
PM – Ceking rice terraces  
PM – Tegenungan waterfall  
PM – Group dinner

# RAZ x SOMA RETREATS

## Day 4

### Beach + Reset

7:00am – Beach workout  
8:00am – Beach breakfast  
3:00pm – Mobility  
4:00pm – Recovery session  
PM – Group dinner

## Day 5

### Canggu Flow

6:30am – Rice field run  
7:00am – Group breakfast  
3:00pm – Boxing & Muay Thai  
PM – Balinese cooking class

## Day 6

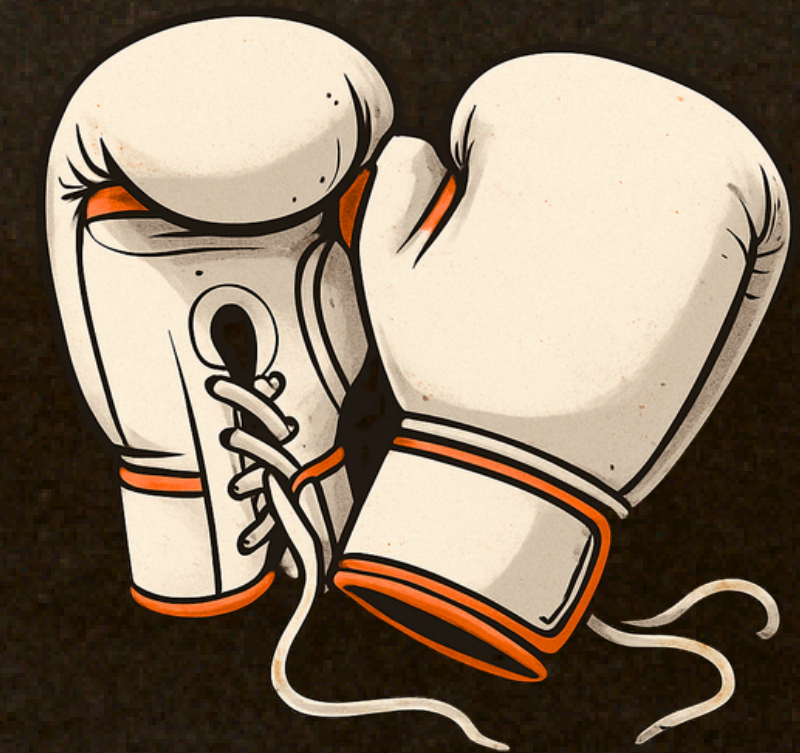
### Uluwatu Escape

7:00am – Boxing & Muay Thai  
8:00am – Group breakfast  
10:00am – Uluwatu pickup  
PM – GWK Cultural Park  
PM – Melasti Beach  
PM – Group dinner

## Day 7

### Final Session

7:00am – Boxing & Muay Thai  
8:00am – Group breakfast  
9:00am – Group sauna/ice  
7:00pm – Farewell dinner



**RAZ** x **SOMA**  
**RETREATS**