

Welcome to Athens and Base Bootcamp! 🙌

We're very excited to have you here! If you're interested in traveling with us, here are all details:

1. Introduction

Athens - known as the 'historical capital' of Europe, is the birthplace of democracy, arts, science and philosophy of the western civilisation, and also the Home of Plato, Socrates, Pericles, Euripides, Sophocles, Aeschylus, Athens is one of the world's oldest cities with a recorded history spanning 3,400 years and has been inhabited since the 11th Century B.C.

Night or day, Athens' sights and monuments are beautiful and will leave you mesmerised. The Parthenon Temple, the Ancient Agora, the Temples of Hephaestus and Olympian Zeus, the Zappeion Mansion, as well as the Panathenaic Stadium - home of the first modern Olympic Games - are just some of the many things for you to see and experience in such a short trip!

But that's not all, sandwiched in between all these touristic sites to see and visit, the main part of this trip is to take part in the Bootcamp at the 'Ranch'.

In the natural valley of the beautiful pine forest in Sofiko Corinth, located 97 kilometres from Athens, is where you will find "The Ranch". 2 days of intense fitness programme that will keep you buzzing for the rest of your trip, awaits you!

Flight From London Stansted to Athens (7th Mar 2024)



Ryanair
FR15

10:25
London Stansted

03h 35m
non-stop

16:00
Athens

Flight From Athens to London Stansted (12th Mar 2024)



Ryanair
FR14

16:00
Athens

03h 55m
non-stop

17:55
London Stansted

Flight costs from £80.00* per person without luggage to £160 including checked in luggage.

* We strongly recommend you book the flight yourself to ensure you have the best experience. This way you can change the time of your flight, airport or simply add luggage, insurance and anything else you may need.

2. Ground Package ✨

Airport Transport	Pick up from the Airport to Hotel (*unless you have a different flight)		March 7th		
Accommodation	Arethusa Hotel	Twin Room	March 7th-March 8th	1 night	Room + breakfast
Transport	Hotel to Bootcamp		March 8th		
Event	Base Bootcamp	3-6 share	March 8th-March 10th	2 night	Full board*
Transport	Bootcamp to Hotel		March 10th		
Accommodation	Astor Hotel	Twin Room	March 10th-March 12th	2 night	Room + breakfast
Airport Transport	Pick up from the Hotel to the Airport (*unless you have a different flight)		March 12th		

Ground package costs approximately £400-420* per person including everything mentioned on the table

* Price may fluctuate depending on the vehicle that will take us to the Bootcamp. It will be fixed once we have the exact number of participants.

- Additional cost if you wish to stay in a single room during your Athens visit: £100
- Not included: entrance to museums / excursions / any other transportation not mentioned in the ground package.
- Bootcamp stay does not include alcoholic drinks, special coffees or soft drinks unless the ones available during breakfast, lunch and dinner.

3. What awaits you in Athens 🏛️

Make the most out of the city at your own pace! The plan is for us to take you around the most monumental spots of Athens but you are free to explore it on your own if you wish to! Stick with the team to visit the best spots to eat, drink and of course learn more about the history and culture. Everything is really close to our hotel so be prepared for lots of walking together around the whole city centre!

4. What awaits you at The Ranch 🐎

Find more about the weekend schedule below! All activities are now listed and you can make plans of what you want to attend - all workouts, meals and parties are included! Feel free to do as many as you like!

SUPER IMPORTANT: Make sure you bond with the team members before arriving - The Ranch is a kids camp offering large rooms that fit 3-6 people and you will be asked to choose roommates 😊 Unfortunately you cannot request a single or double room. Don't worry - the team only consists of AMAZING people! And you will not be matched with anyone you don't wish to



Friday 8 March

- 17.00 Arrival - Chilling around the Ranch
- 19.00-20.00 | Introduction to Workout:

A 45' private class led by Lina Telis for our team members only: We will just warm up and go through basic techniques of the exercises we are going to use during the weekend.

- 20.00-21.00 | Zumba® with Lina + guests:

A small 45' party to ensure we get pumped up for the weekend! Instructors, feel free to co-teach!

- 21.00-22.00 | Dinner
- 22.30 Saloon Party - High chances you get to sing if it turns into a Karaoke night!

Saturday 9 March

- 08.00-10.00 | BREAKFAST & REGISTRATIONS
- 09.00-10.00 | 4k Run
- 10.00-11.00 | Pilates for all
- 11.00-12.00 | Strength Training & Sprints (outdoor)
- 12.00-13.00 | Crazy Jumping & Sweating
- 13.00-14.00 | Yoga & Stretching
- 14.00-16.00 | Lunch time & relaxing
- 16.00-17.00 | Motivation speech (saloon)
- 17.00-18.00 | Body Weight Circuit (Outdoor)
- 18.00-18.50 | Dance Aerobics from Spain
- 18.50-19.40 | Zumba Class from UK
- 19.40-20.30 | Bootcamp Master Class
- 20.30-21.00 | Stretching
- 21.00-22.30 | Dinner
- 22.30 DJ PARTY

Sunday 9 March

- 08.00-10.00 | Breakfast
- 10.00-11.00 | Kettlebell HIIT (outdoor)
- 11.00-12.00 | Aerofight for all
- 12.00-13.00 | Power House Energy Class
- 13.00-14.00 | Dance & Fun Aerobics
- 14.00-15.30 | Lunch Time
- 16.00-17.00 | Chilling Around The Ranch - Departure

***Workouts schedule is subject to change - Please inform us about any dietary restrictions or allergies during your booking.**



5. How to book

[FILL OUT THE FORM AT LINATELIS.COM/EVENT](https://linatelis.com/event)

Once you RSVP you will be contacted by email with payment instructions.
You will only be asked to pay the Ground Package fee.

TERMS & CONDITIONS:

- Airfare tickets is totally your responsibility.
- All cancellations until March 1st are 70% refundable. Cancellation after March 1st is 100% NON-REFUNDABLE

Let's have fun!

Tell your friends and family about it! They are all welcome and it will be the best experience ever!

Lina Telis 