

Getaway Girls Itinerary Packages

Current as at May 2014. These packages are subject to change

Restore & Explore-2 Night Package

Day 1

2pm Arrival, check-in at Outrigger Bay Resort or East On Byron Resort.

4pm Massage

6pm Meet the chef

6.30 Dinner at The Italian

Day 2

8am Safari Walk

9am Breakfast/beach side cafe

10am – 3pm free time to explore shops, laze by pool or soak up Byron Bay beach.

3pm Facial

6.30 pm Laneway dining

Day 3

9.30 Aerial yoga

11am Brunch at cosmopolitan cafe in heart of Byron

Restore & Explore- 5 Night Package

Day 1, Arrive 2pm

4pm Massage

6pm Meet the chef

6.30 Dine at The Italian

Day 2

8am Safari Walk

9am Breakfast/beach side cafe

10am – 3pm free time to explore shops, laze by pool or soak up Byron Bay beach.

3pm Facial

6.30 pm Laneway dining

Day 3

9.30 Aerial yoga

11am Brunch

10am – 3pm free time

3pm Pedicure

7pm Laneway dining

Day 4

8am Belly Dancing

9am Breakfast- beachside cafe

10am – 3pm free time

3pm Massage

6pm Meet the chef dining

Day 5 – FREE DAY

8am Gentle yoga stretch class

9.30 am Breakfast

7 pm Laneway dining

Day 6

9.30am Checkout & Farewells.

Fitness & Adventure- 2 Night package**Day 1,**

2pm check-in

3pm Safari Walk/ run

6pm Meet the chef

6.30 Dine @ The Italian

Accommodation Outrigger Resort

Day 2

8am Outdoor fitness training

9am Breakfast/beach side cafe

10am – 3pm free time to explore shops, laze by pool or soak up Byron Bay beach.

4pm Aerial Yoga

6.30 pm Laneway dining

Accommodation Outrigger Resort

Day 3

9.30 Kayaking & Snorkelling

12am Brunch @ cosmopolitan cafe in heart of Byron

Fitness & Adventure 5 Night Package**Day 1**

2pm Check in

4pm Fitness testing

6.30 Laneway dining

Day 2

8am Outdoor Fitness training

9.30am Breakfast

10.30am Safari walk/ run

12noon- Free time- to explore shops, laze by the pool or soak up Byron Bay's beautiful beach culture.

6pm Meet the chef dining

Day 3

8am Breakfast,

9am Kayaking & snorkelling

12.30- 3.45 free time

4pm Power Yoga

6.30 Laneway dining.

Day 4

8am Outdoor training
9.30 Breakfast
10.30-3.30 free time
4pm Aerial yoga
6.30 Meet the chef dining

Day 5

8.30 Surfing
5pm Trivia Challenge Byron style
6.30 Laneway dining

Day 6

8.30 Breakfast & farewells
10 am Check out

Happy Hens- 2 Night Package**Day 1,**

2pm check in
5pm Cocktail trail
6.30 Meet the chef dining.

Day 2

9am brunch
10am Aerial Yoga.
11-3pm Massage
4.00 pm Lapalicious
5pm Hen & Chicky Challenge
7pm Laneway dining.

Day 3

8.30 Breakfast & farewells

Corporate Team/ Building package -2 Night Package**Day 1**

Check in from 1pm.
2pm MBTI
3pm- 2hr Dream team workshop
6.30 Laneway dining

Day 2

7.30 Outdoor training
8.30 Breakfast
10am 2hr Dream team workshop
1pm, 1hr Creative management skills set.
3pm Aerial yoga
5pm Byron team Challenge
7pm Laneway dining

Day 3

8am Breakfast & wrap up.
10am Check out

www.getawaygirls.com.au Phone 1800 108 722

Think Straight/ Release Weight

Day 1, Arrive 2pm

3pm Establish Your Vision

4pm Exercise Technique

4.30 1 hr Fitness Assessment

6.30 Dinner

Day 2

8am Outdoor Fitness Session

9.30am Breakfast

10.30am Values & Behaviour

11am Best Eating options

12noon Portion size

12.30 Lunch

1.30pm Personality assessment

3.30pm Safari Walk

4.30 Food Signatures

5pm-5.30pm Power of Words

6.30 Dinner

Day 3

8am Outdoor Fitness

9.30 Change & check out

10am

Breakfast

11am Setting for up daily practice

12.30 Lunch

1.30 Individual action plan

2.30 Wrap up & homes