



A PRIVATE ATHLETIC RETREAT

Luna

Athletic Birthday Retreat

COSTA BRAVA · JUNE 16-19

*Four days of tennis, yoga, sea, hiking, beautiful food,
hidden coves and birthday energy.*



YOUR ITINERARY



LUNA ATHLETIC RETREAT

DAY 01 · 16 JUNE

Arrival & Tennis

11:00 Departure from Barcelona

14:00–15:00 Lunch on the way
a scenic stop on the Costa Brava

15:30 Villa check-in & settling in

15:30–17:30 Free time · sea · rest

17:30–19:00 Tennis session

19:30 Welcome dinner at the villa



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LUNA ATHLETIC RETREAT

DAY 02 · 17 JUNE

Birthday

09:00–10:15 Morning yoga

10:20 Breakfast
keep it light — about 25 minutes

10:45 Departure from the villa

11:30–13:30 Tennis mini-tournament · La Gavina vintage courts
bring tennis or flat-soled shoes — the rest is provided

14:00–16:00 Lunch at Hostal de La Gavina
Restaurante Garbí

16:30–19:00 Free time · pool · sea

19:00 Birthday BBQ party



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DAY 03 · 18 JUNE

Boat Day

08:00 Early breakfast
bring berries & light snacks for the boat

09:00 Departure to Port de Blanes

09:30–13:30 Day on the boat · swimming, music, photos, rest
dress code: Blue & White · the main photoshoot of the trip

14:00–15:30 Free time · rest at the villa

15:30 Lunch at the villa

17:00–18:30 Tennis session

18:30–19:30 Free time

20:00 Departure for the Secret Dinner



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DAY 04 · 19 JUNE

Hike & Check-out

08:30 Early breakfast

09:00–12:30 Morning hike
we set off before the heat

12:30–14:30 Free time · freshen up

14:30 Farewell lunch

16:00–17:00 Free time

17:00–18:00 Optional tennis · 1 hour

19:00 Check-out & farewells



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