

Les Mills Quarterly Camp 13-20 may, 2017 Portugal

For Les Mills-instructors

Departure from

Stockholm - Arlanda

Oslo - Gardemoen

Copenhagen - Kastrup

Date: May 13 - 20

Price: 12 995 SEK (Don't forget to use the bookingcode: LES MILLS to get your discount.)

Following are included in the price

- Flights
- Transfer
- Two meals per day (Breakfast and dinner/lunch)
- Drinks during your meal, Water, soda or beer.
- 7 nights at Yellow Monte Gordo Beach Hotel
- Les Mills classes thought by our trainers
- Lectures and program specific techniques
- Other activities such as sangriarun and mountain climbing
- Open wifi

Monte Gordo

Monte Gordo are an old fishing villange right between the forest and the beach. With a small amount of hotels, Monte Gordo gives you the relaxing feeling of Portugal alongside opportunities to do some shopping, visit resturants, local pubs and old town feeling streets.

Hotel

The hotel are located 45 min from Faro, Portugal and 2 hours from Spanish Sevilla. The Yellow Monte Gordo Beach Hotel are a proud host for many trainingcamps from Springtime with a close distance to the beach. The hotel gives you a great opportunity to workout close to the beach or why not relax in their pool.

Restaurant

Breakfast: 08.00-10.00

Lunch: 12.30-14.30

Dinner: 18.30-20.30

Payment

-10 days after your booking at springtimes website you'll need to pay a deposition of 1500 SEK.

-The final part of your payment must be in 40 days prior the trip.

Schedule

[Click here to see the schedule>>](#)

(No Quarterly workshops for RPM® and SPRINT®)

Trainers: Michael Steenhouwer, Jorge Scott, Lydia Johansson, Kristin Andersson, Charlotte Carlén, Sander Johansen and Mille Kodbøl Vindelev Jørgensen.

Book your spot today!

Don't forget to use the bookingcode: LES MILLS to get your discount. [Click here to book your spot>>](#)

For information, please contact sofia.redmo@lesmills.com

