PALAZZO FIUGGI

WELLNESS MEDICAL RETREAT

A retreat like no other, developed exclusively for KX members

Five-day Itinerary

DAY 1 Private transfer service from member home to Private Jet. Individual Arrivals at Palazzo Fiuggi. Medical Checks. Group Thalassotherapy Dinner at restaurant "Quattro Continenti" DAY 2 Breakfast at restaurant "Quattro Continenti" Activities as per individual program: • 45 PT training in the Movement Lab - KX trainer • Treatment at the Spa • Free time at Roman Thermae • Tennis and Padel available Lunch at restaurant "Quattro Continenti" Group Exercise Class at Yoga studio Activities as per individual program: • Treatment at the Spa • Free time at Roman Thermae • Tennis and Padel available Yoga Class

Dinner at restaurant "Quattro Continenti"



PALAZZO FIUGGI WELLNESS RETREAT

 Hiking in the Ernici Simbruini region (transfer included) Lunch at restaurant "Quattro Continenti" Activities as per individual program: Treatment at the Spa Free time at Roman Thermae Tennis and Padel available Group Exercise Class at Yoga studio Sound Healing group Session Dinner at restaurant "Quattro Continenti"1 Breakfast at restaurant "Quattro Continenti"1 Activities as per individual program: 	DAY 3 —	Breakfast at restaurant "Quattro Continenti"	
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		Transfer to Private jet and car home.	