



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”



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DAY 3

Breakfast at restaurant "Quattro Continenti"

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"

DAY 4

Breakfast at restaurant "Quattro Continenti"

Activities as per individual program:

- Treatment at the Spa
- Free time at Roman Thermae
- Tennis and Padel available

Lunch at restaurant "Quattro Continenti"

Group Exercise Class at Yoga studio

Sound Healing group Session

Dinner at restaurant "Quattro Continenti"

DAY 5

Breakfast at restaurant "Quattro Continenti"

Morning Activities as per individual program:

- Treatment at the Spa
- Free time at Roman Thermae
- Tennis and Padel available

Lunch at restaurant "Quattro Continenti"

Departure or individual extension of the stay for the weekend.

Transfer to Private jet and car home.