



**BOOTCAMP AT QUINTA DA COMPORTA**  
by Domingos Folgado

October 29<sup>th</sup> to November 01<sup>st</sup> 2020



About Domingos is a international award trainer, and therapist, he has been in the Health and Fitness industry for over 20 years. Domingos has worked on cruise ships for the 10 years traveling all over the world performing seminars and workshops No session will be the same: Train with an expert and maximize your results, learn optimal exercises to enhance your lifestyle



Retreat includes

- Double or Single Accommodation at Quinta da Comporta Hotel
- Bike Tour
- 3 classes per day:
- Bike Tour followed by stretching and a bootcamp class

What's not included

- Flight and Transfer to Lisbon
- Transfers from and to the airport
- Optional Rental Car to move from the Hotel
- Additional Snacks and Other Alcoholic Drinks
- Extra Massages
- Horse Riding

Dates and Pricing

October 29h –01<sup>st</sup> November 2020 (3 nights)  
780 € in Single room  
960€ in Double room

**... and take our giveaway with you**

**TERMS AND CONDITIONS RETREATS**  
Check-In Time after 3pm and Check-out Time before 12 pm

**PAYMENT POLICY**  
1st Deposit: 50% to be done to guarantee the confirmation of the bookings | Retreat  
2nd Deposit: the remaining 50% will be charged 7 days prior the booking | Retreat

**CANCELATION POLICY OR NO-SHOW**

Retreat, 100% of the deposit is non-refundable

[www.quintadacomporta.com](http://www.quintadacomporta.com)