

JUGG FIT

Retreat

NUSA LEMBONGAN
23 - 29 MAY 2027

MOVE | GROW | RESTORE | EXPLORE | CONNECT

AN IMMERSIVE ISLAND EXPERIENCE
FOR WOMEN TO MOVE WITH PURPOSE, EMBRACE ADVENTURE,
BUILD MEANINGFUL CONNECTIONS AND RECONNECT WITH
THEMSELVES IN THE BEAUTY OF NUSA LEMBONGAN.



FIND OUT MORE

YOUR RETREAT Itinerary

23 - 29 MAY 2027

6 NIGHTS OF LUXURY, CONNECTION AND
UNFORGETTABLE EXPERIENCES AT THE
TAMARIND RESORT, NUSA LEMBONGAN.

Arrive
SUN 23 MAY

ARRIVAL

Check in, welcome drinks, meet the team, Balinese welcome ceremony and group dinner.



Day 1
MON 24 MAY

FOUNDATIONS

Sunrise movement, island orientation, women's health workshop, pool recovery and group dinner.



Day 2
TUE 25 MAY

EDUCATE

Sunrise banded session, The JuggFit Method workshop, massage at Spring Spa, 1:1 strength sessions, sound healing and open evening.



Day 3
WED 26 MAY

ADVENTURE

Snorkelling excursion to Turtle Reef, day on the water, free time to explore and group dinner.



Day 4
THU 27 MAY

CULTURE

Sunrise temple walk, confidence workshop, Balinese cooking class, strength sessions, free time and group dinner.



Day 5
FRI 28 MAY

REFLECT

Sunrise movement, Life After Bali workshop, letter to future self, free time, sunset celebration and farewell dinner.



Check Out: SAT 29 MAY

ACCOMMODATION

Stay at the stunning Tamarind Resort, with luxurious villas, private pools and breathtaking views. The perfect space to relax, recharge and reconnect.

