

fazs



SF RETREAT

1. Do I have to share accommodation?

No. You can opt for single occupancy for an extra charge.

2. I don't train much. Can I still come?

Of course you can! We welcome all abilities and fitness levels. We are there to support your own individual goals.

3. Can you cater for my dietary needs?

Yes. We certainly can. Once you've booked the retreat, we will send you a welcome pack, which includes all the information you need. Please let us know your dietary requirements as soon as possible (minimum 21 days before the retreat).

4. Do I have to participate in all the itinerary activities?

No. It is your holiday and you are welcome to choose whatever you like to do!

5. Is my transfer included?

Yes, this will be included only if you are on the suggested flight times from the SFR team. If not, we can help you organise transportation with private taxis.

6. Do I have to bring any money with me?

Yes! It's always handy to have extra cash on you. You could use it for other non-inclusive activities or additional massage treatments.

7. If I need to cancel, what is the procedure?

Depending on the time scale of your cancellation, a percentage of your balance payment may be refunded. However, deposits are non-refundable.

8. Do I get supplements?

Yes. We are partnered with SF Nutrition and all their supplements are 100% natural and vegan.

9. When is my final payment due?

It will be 28 days before the start day of the retreat.



relax. refuel. retreat.

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info@starksfitness.co.uk

www.starksfitness.co.uk/sfretreat

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