



La Manga Club Boot Camp Programme

Our British Army Marine Instructors will push you to your limits and beyond.... They are exceptionally well qualified and trained to make you get the best, both mentally and physically, that you can from your week at Boot Camp. The day starts early at 7.00am with a range of physical activities such as walks, hikes, treks and the day continues with an assortment of bike riding, swimming, circuit training, aerobics, rugby, boxing and many other sporting and training activities until well after sunset.

Activities are dependent upon the weather and also fitness levels and abilities. When you arrive you will be given a fitness assessment and also have a one to one discussion with our Nutritionist, Marisa Peer. Your programme will be put together for your week and the instructors will monitor your progress during the week. After completing your week at La Manga Club Boot Camp you will definitely feel better and come away with a new zest for life!

The cost of the programme is from £750 per person when sharing a room and from £1,250 per person if you require single accommodation. This includes transfers from Murcia Airport to the club and return, 7 nights' accommodation, all meals, fitness assessment and nutrition programme, and all equipment used during your week's camp.

There is an opportunity to use the Spa facilities at La Manga Club on the last night of your stay. These will be charged additionally and have to be booked prior to departure. A menu of therapies will be sent to you when booking your place.

Programme Dates

9th – 16th October 2010

22nd – 29th January 2011

12th – 19th March 2011

14th – 21st May 2011

Call: 0034 639 263685

We will be happy to call you straight back
All prices and programme facilities are subject to our terms and conditions of booking.