

THOR Daily Retreat Schedule

Our mission at THOR is to help you live longer, healthier and more fulfilled life. Every single detail is carefully considered , personally curated and thoughtfully included to make your experience at THOR nothing less than exceptional.

Take a peek at the magic that awaits you.

Develop a Warrior’s Mindset – Retreat Agenda

THOR retreats are a time for contemplating, communicating, thinking, planning, setting powerful intentions and building a spirit of resilience. Although these objectives can certainly be pursued while at home, they are easier to focus on if the retreat is held off premises, free from the distractions of phone calls, e-mail, clients, questions from staff, the mail and countless other interruptions. Take a look at some potential activities to be included in our daily agenda:

Day 1

- 11:00 AM

Arrival & Check-in
Ongoing All Day
Location: Main House
- 11:30 AM

Welcome Farm-to-Table Gourmet Breakfast & Orientation
50 Minutes. Presented by: Terry
Location: Main House
- 1:30 PM

Forest Bathing + Restorative Breathwork + Yoga + Meditation
45 Mins. Guided by: Noelle
Location: On the Deck
- 2:30 PM

Welcome Lunch & Macro Mastery Presentation
60 Mins. Presented by: Terry
Location: Main House
- 4:30 PM

Group Strength Training: The Principles of Bodybuilding
60 Mins. Presented by: James Hill
Location: Gym
- 7:00 PM

Welcome Dinner. Farm-to-Table & Macro Friendly.
Enjoy the music, lights and festive dinner while you get to know the other guests.
Location: Main House.
- 9:00 PM

Fireside After Dinner Chat
Sit by the fire, roast marshmallows and enjoy each other’s company after dinner.
Location: Front Lawn

Day 2

- 6:30 AM

Farm-to-Table Gourmet Breakfast
Served until 11AM.
Location: Main House
- 7:00 AM

Forest Bathing + Restorative Breathwork + Yoga + Meditation
45 Mins. Guided by: Noelle
Location: On the Deck
- 8:00 AM

Outdoor HIIT Class
30 Mins. Guided by: Noelle
Location: On the Deck
- 9:00 AM

Group Strength Training: The Principles of the Proper Squat
50 Mins. Presented by: James Hill
Location: Gym
- 10:00 AM

Group Strength Training: The Principles of the Proper Deadlift
50 Mins. Lead by: James Hill
Location: Gym
- 11:00 AM

Group Strength Training: The Principles of the Proper Hip Thrust
50 Mins. Lead by: James Hill
Location: Gym
- 1:00 PM

Lunch & Mindset, Macros & Transformation Mastermind Session 1
60 Mins. Presented by: TBD
Location: Main House
- 2:00 PM

Free Time
Feel free to schedule a massage, personal PT time, go for a walk, or enjoy time getting to know new friends and enjoy a cup of coffee.
- 7:00 PM

Great Gatsby Hollywood Themed Dinner & Live Music
Dress up in your favorite Hollywood GLAMOUR Gatsby Outfit.
60 Mins. Location: Main House

Day 3

- 6:30 AM

Farm-to-Table Gourmet Breakfast
Served until 11AM.
Location: Main House
- 7:00 AM

Forest Bathing + Restorative Breathwork + Yoga + Meditation
45 Mins. Guided by: Noelle
Location: On the Deck
- 8:00 AM

Outdoor HIIT Class
30 Mins. Guided by: Noelle
Location: On the Deck
- 9:00 AM

Group Foam Rolling: The Principles & Benefits of Properly Warming Up the Body
50 Mins. Lead by: James Hill
Location: Gym
- 10:00 AM

Group Strength Training: The Principles of the Proper Bench Press
50 Mins. Lead by: James Hill
Location: Gym
- 11:00 AM

Free Time
Feel free to schedule a massage, personal PT time, go for a walk, or enjoy time getting to know new friends.
- 1:00 PM

Lunch & Mindset, Macros & Transformation Mastermind Session 2
60 Mins. Presented by: TBD
Location: Main House
- 2:00 PM

Free Time
Feel free to schedule a massage, personal PT time, go for a walk, or enjoy time getting to know new friends and enjoy a cup of coffee.
- 7:00 PM

Glow-Up White Themed Dinner & Live Music
Dress up in your favorite glow-in-the-dark outfit and enjoy a night full of magic.
Location: Main House
- 9:00 PM

Glow-Up White Themed {After Party}
Dress up in your favorite glow-in-the-dark outfit and enjoy a night full of magic.
Location: Main Deck

Day 4

- 6:30 AM

Farm-to-Table Gourmet Breakfast
Served until 11AM.
Location: Main House
- 7:00 AM

Forest Bathing + Restorative Breathwork + Yoga + Meditation
45 Mins. Guided by: Jessica McManus
Location: On the Deck
- 8:00 AM

Outdoor HIIT Class
30 Mins. Guided by: Jessica McManus
Location: On the Deck
- 9:00 AM

Final Group Gettogether
You can take the magic of your THOR experience with you by continuing the connections and bonds you formed while here.
Location: Main House
- 10:00 AM

Free Time
Feel free to schedule a massage, personal PT time, go for a walk, or enjoy time getting to know new friends and enjoy a cup of coffee.
- 11:00 AM

Departures & Check-Outs
Ongoing All Day
Location: Main House
We are going to miss you.