

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. Presentated 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. Presentated 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
9:00 PM	Great Gatsby Hollywood Themed {After Party} Dress up in your favorite Hollywood GLAMOUR Gatsby Outfit. 60 Mins. Location: Main Deck

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

11:00 AM

Departures & Check-Outs

Ongoing All Day
Location: Main House
We are going to miss you.