

CORE CONNEXION
RETREATS
X
MOVE WITH GRETA

EXAMPLE ITINERARY

DAY ONE			
4PM	CHECK IN	6.45PM	STRETCH PILATES
5.30PM	DISCOVERY SESSION	7.30PM	DINNER

DAY TWO			
7.15AM	REFORMER ON THE MAT	1.30PM	CREATIVE WORKSHOP
8.15AM	BREAKFAST	4.30	BARRE CLASS
9.30AM	FREE TIME	5.30PM	STRETCH PILATES
12.30PM	LUNCH	7PM	DINNER

DAY THREE			
7.15AM	REFORMER ON THE MAT	1.30PM	LUNCH
8.15AM	BREAKFAST	5PM	BARRE
10AM	OPTIONAL EXCURSION	7PM	DINNER

EXAMPLE DAILY SCHEDULE: SUBJECT TO CHANGE

EXAMPLE ITINERARY

DAY FOUR			
8.30AM	BREAKFAST	2PM	FREE TIME
10AM	REFORMER ON THE MAT	4.30PM	MAT PILATES
11AM	OPTION TO BOOK A MASSAGE	5.30PM	STRETCH & REFLECTION
1PM	LUNCH	7.30PM	DINNER

DAY FIVE			
8AM	FINAL GROUP PILATES CLASS	10.45AM	CHECK OUT
9AM	BREAKFAST		

PILATES CLASS KEY:

- REFORMER ON THE MAT: A class using props to create movements from the Reformer.
- MAT PILATES: A full body Mat Pilates workout, focusing on core strength.
- STRETCH: A class focusing on stretching & mobilising the whole body.
- BARRE: A class combining elements of Ballet barre with Pilates.
- DISCOVERY SESSION: A 20 minute class for each room for Greta to understand what you want to achieve from your Pilates practice.

ALL CLASSES ARE 45 MINUTES

YOU ARE WELCOME TO ATTEND AS MANY CLASSES AS YOU LIKE;
WE ENCOURAGE YOU TO TAKE TIME TO LISTEN TO
YOUR BODY AND REST WHEN YOU NEED.

EXAMPLE DAILY SCHEDULE: SUBJECT TO CHANGE