

CORE CONNEXION

RETREATS

DAY 1

AFTERNOON	4.00pm: 6.00pm:	Settle in & explore your home for the weekend. Mat Pilates 45 minutes
EVENING	7.00pm: 8.00pm:	Dinner. Group Discovery Session with Dessert.

DAY 2

MORNING	8.00am: 9.15am: 11.00am:	Dynamic Pilates 1 hour. Breakfast. Hot & Cold(ish) Workshop.
AFTERNOON	1.00pm: 2.00pm:	Lunch. Free Time: Read, Swim, Relax.
EVENING	5.30pm: 7.00pm:	Pilates X Barre 1 hour. Dinner.

DAY 3

MORNING	7.30am: 9.00am: 10.00am:	Reformer on the Mat 1 hour. Breakfast. Opportunity to visit the souks.
AFTERNOON	2.00pm: 3.00pm:	Lunch. Free Time: Read, Swim, Relax.
EVENING	5.00pm: 7.30pm:	Pilates for Strength 1 hour. Dinner.

DAY 4

MORNING	9.00am: 11.00am:	Breakfast. Stretch Pilates 1 hour.
AFTERNOON	1.30pm: 3.00pm:	Lunch. Creative Activity.
EVENING	5.30pm: 7.30pm:	Final Group Pilates Class & Reflection. Dinner.

DAY 5

MORNING	8.00am: 10.45am:	Breakfast. Check out.
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