

CORE CONNEXION  
RETREATS

DAY 1:

AFTERNOON	<b>4.00pm:</b> Settle in & explore your home for the weekend. <b>6.00pm:</b> Mat Pilates   45 minutes
EVENING	<b>7.30pm:</b> Dinner. <b>8.30pm:</b> Group Discovery Session with Dessert.

DAY 2:

MORNING	<b>7.30am:</b> Dynamic Pilates   1 hour. <b>9.00am:</b> Breakfast. <b>10.30am:</b> Countryside Walk.
AFTERNOON	<b>1.00pm:</b> Lunch. <b>2.00pm:</b> Free Time: Read, Swim, Relax. <b>4.45pm:</b> Pilates for Strength   1 hour.
EVENING	<b>6.00pm:</b> Breathwork   1 hour. <b>7.30pm:</b> Dinner. <b>8.30pm:</b> Movie Night with Tea & Dessert.

DAY 3:

MORNING	<b>9.00am:</b> Breakfast. <b>10.00am:</b> Opportunity to book a massage throughout today. <b>11.00am:</b> Pilates X Barre Class   1 hour.
AFTERNOON	<b>12.45pm:</b> Lunch. <b>1.30pm:</b> Free Time: Read, Swim, Relax. <b>4.00pm:</b> Creative Workshop.
EVENING	<b>6.00pm:</b> Final Group Pilates Class   1 hour. <b>7.30pm:</b> Dinner.

DAY 4:

MORNING	<b>8.00am:</b> Breakfast. <b>9.45am:</b> Check out.
---------	--