



## PILATES RETREAT SCHEDULE

### DAY ONE

TIME	ACTIVITY	VENUE
From 9am	Optional time for treatments	The Spa <i>(early booking recommended)</i>
12.30pm	Arrival and relax with a healthy smoothie, flapjack and fruit. Pre-exercise screening and meet the host and other guests. Locker access and check into rooms as they become available.	The Spa Hotel Lounge
1.40pm	Short wellness walk to the Pilates studio	The Health Club, Studio 4 <i>(mats are provided)</i>
2pm - 3pm	A blend of classical and contemporary Pilates	The Health Club, Studio 4
3pm - 4pm	Trigger Point Pilates and Relaxation <i>(foam rollers and trigger balls)</i>	The Health Club, Studio 4
4pm	Return wellness walk to The Spa Hotel	
4.15pm - 6.15pm	Aqua Thermal Journey	The Spa
From 9am	Optional time for treatments	The Spa <i>(early booking recommended)</i>
7.30pm	Exquisite two course evening supper	The Brasserie

### DAY TWO

TIME	ACTIVITY	VENUE
8am - 10am	Healthy nutritious breakfast	The Orangery/Brasserie
From 9am - 11am	Revisit The Aqua Thermal Journey	The Spa
From 9am	Optional time for treatments	The Spa <i>(early booking recommended)</i>
11am	Check out and a short wellness walk to the Yoga studio	
11.15am - 12.15pm	Aerial Pilates and Relaxation <i>(suspended hammocks from ceiling, first group max 10 people)</i>	The Health Club, Studio 4 <i>(bag storage available if required)</i>
12.15pm - 1.15pm	Aerial Pilates and Relaxation <i>(suspended hammocks from ceiling, second group max 10 people)</i>	The Health Club, Studio 4 <i>(bag storage available if required)</i>
1.30pm - 1.45pm	Return wellness walk to The Spa Hotel	
1.45pm	Time to nourish with a delicious two course lunch and reflection forms	The Brasserie
	Optional time to enjoy treatments or explore The Village	