

Retreat 2022 – Daily Schedule

Tuesday 16th August

- 5.30pm Meet and Greet in the Garden Room
- 6.15pm Pilates Stretch at the Pergola with Lorraine
- 8.15pm Dinner

Wednesday 17th August

- 8.00am Pilates with Jo
- 10.00am Brunch
- 2.30pm Meet at the pool if you fancy some aqua-aerobics fun!
- 6.00pm Pilates with Lorraine
- 8.00pm Dinner

Thursday 18th August

- 8.00am Pilates with Lorraine
- 9.30am Light Breakfast
- 1.00pm Paella Lunch and Show Cooking Workshop
- 6.00pm Pilates with Jo
- 8.00pm Dinner

Friday 19th August

- 8.00am Pilates with Jo
- 10.00am Brunch

Free day and evening to either relax at Can Torna, explore the local area, or visit Palma.

Saturday 20th August

Rise and Shine...Pilates and Brunch have been scheduled earlier today to allow time to visit Esporles for the Saturday market should you wish to go. It's open until 1.00pm.

- 7.30am Pilates with Lorraine
- 9.00am Brunch

Massage slots between 10.00am – 4.45pm

- 5.30pm Short Pilates Class with Jo
- 6.00pm Mindfulness Workshop (1hr)
- 8.00pm Dinner

Sunday 21st August

- 8.00am Pilates with Jo
- 9.30am Brunch

Massage slots between 10.30am – 4.45pm

- 5.00pm Short Pilates class with Lorraine
- 5.30pm Meditation Workshop (45mins)
- 7.15pm Olive Oil/Wine Tasting
- 8.15pm Dinner

Monday 22nd August

- 8.00am Pilates with Jo
- 9.30am Brunch

Massages Slots between 10.30am – 2.00pm

- 6.00pm Pilates with Lorraine and Jo
- 8.00pm Farewell Dinner with Pilates/Retreat Quiz!

