

## Retreat 2024 - Daily Schedule

### Sunday 2nd June

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



### Monday 3rd June

- 8.00am Pilates with Lorraine
- 10.00am Brunch
- Massage available between 11.00am - 2.30pm
- 3.00pm Meet at the pool if you fancy some aqua-aerobics fun!
- 6.00pm Pilates with Lorraine
- 8.00pm Dinner



### Tuesday 4th June

- 8.00am Pilates with Lorraine
- 9.30am Light Breakfast
- Massage available between 10.15am - 12.30pm
- 11.5pm Show Cooking Workshop and Paella Lunch
- 6.00pm Pilates with Lorraine
- 8.00pm Dinner

### Wednesday 5th June

- 8.00am Pilates with Hayley
- 10.00am Brunch
- Massage available between 11.00am - 2.30pm
- Free day and evening to either relax at Can Torna, explore the local area, or visit Palma.
- 8.15pm Dinner



### Thursday 6th June

- 8.00am Pilates with Lorraine
- 10.00am Brunch
- Massage available between 10.45am - 4.45pm
- 5.15pm Pilates with Lorraine
- 7.15pm Wine and Olive Oil Tasting
- 8.15pm Dinner



### Friday 7th June

- 8.00am Pilates with Lorraine
- 10.00am Brunch
- Massage available between 11.00am - 4.00pm
- 5.30pm Short Pilates class with Hayley
- 6.00pm Pilates for Mindfulness
- 8.00pm Dinner

### Saturday 8th June

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

- 7.30am Pilates with Lorraine
- 9.30am Brunch
- Massages available between 1.30pm - 5.00pm
- 6.00pm Pilates with Lorraine and Hayley
- 8.00pm Dinner
- 9.15/30pm Flamenco Show

