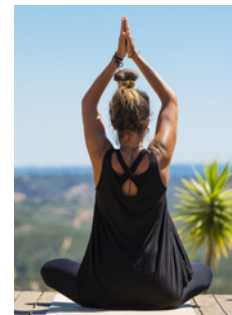


Portugal 2025 - Daily Itinerary

Sunday 28th September

5pm Meet and Greet
5:45pm Pilates Stretch with Lorraine
8pm Dinner



Monday 29th September

8am Pilates
9:30am Breakfast
1pm Lunch
5:45pm Pilates
8pm Dinner
Massage slots: 10:30am, 11:45am, 2:15pm, 3:30pm



Tuesday 30th September

8am Pilates
9:30am Breakfast
2pm Art Workshop (2.5hrs)
5:45pm Pilates
8pm Dinner
Massage slots: 10:30am, 11:45am, 2:15pm, 3:30pm



Wednesday 1st October

8am Pilates
9:30am Breakfast
12:30pm Lunch
1:30pm Depart for Winery Tour and Tasting (2.5-3hrs)
6pm Pilates
8:15pm Dinner

Thursday 2nd October

8am Pilates
9:30am Breakfast
1pm Lunch
5:45pm Pilates
8pm Dinner
Massage slots: 10:30am, 11:45am, 2:15pm, 3:30pm



Friday 3rd October

8am Pilates
9:30am Breakfast
12:30pm Lunch
1:30pm Depart for the Beach at Odeceixe (2.5-3hrs)
5:45pm Pilates
8pm Dinner



Saturday 4th October

8am Pilates
9:30am Breakfast
1pm Lunch
5:45pm Pilates
8pm Dinner
Massage slots: 10:30am, 11:45am, 2:15pm, 3:30pm