

Majorca 2026 – Daily Itinerary

Sunday 27th September

- 5:15pm** Meet and Greet in the Garden Room
6:00pm Pilates Stretch
8:00pm Dinner

Monday 28th September

- 8:45am** Pilates
10:00am Brunch
11:30am Workshop with Sarah Connors –
 Why We Need to Move! – Garden Room
5:45pm Pilates
8:00pm Dinner
 Massage/Treatments: **3:15pm – 5:30pm**

Tuesday 29th September

- 8:45am** Pilates
10:00am Brunch
2:30pm Meet at the pool if you fancy some
 aqua-aerobics fun!
5:45pm Pilates
8:00pm Dinner
 Massage/Treatments: **11:00am – 5:00pm**

Wednesday 30th September

- 8:45am** Pilates
10:00am Brunch
5:30pm Sound Bath Experience
 with Anna Cauldwell
8:00pm Dinner
 Massage/Treatments: **11:00am – 5:00pm**

Thursday 1st October

- 8:45am** Pilates
10:00am Brunch
 Free day to either relax at Can Torna, explore the
 local area, or visit the beach or Palma perhaps.
8:00pm Dinner

Friday 2nd October

- 8:45am** Pilates
10:00am Brunch
5:30pm Pilates
8:00pm Dinner
 Massage/Treatments: **11:00am – 5:00pm**

Saturday 3rd October

- Rise and Shine...
 Pilates and Brunch have been scheduled a little
 earlier today to allow time to visit Esporles for the
 Saturday market should you wish to go. It's open
 until 1pm
8:15am Pilates
9:30am Brunch
5:30pm Pilates
8:30pm Farewell Dinner and Flamenco Show!
 Massage/Treatments: **1:30pm – 5:00pm**

Sunday 4th October

- Light Breakfast available from **7:00am**
 Depart

