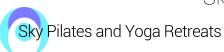
## Sky Pilates Intensive Week



## Gran Canaria Spain

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30	Arrival Day	Morning Cup! Intro and Welcome chat						Departure Day
9:00		Rise & Shine Pilates Focus on	Pilates Release and Relieve	Magic Circle Pilates	Pilates Foam Roller Challenge	Pilates with the Elastic Bands	Pilates Full Flow	"See you next tim Breakfast
9:30		Posture and Alignment						
10:00		Brunch	Brunch	Brunch	Brunch	Brunch		
10:30								
11:30								
12:00		— Beach Excursion					Hiking Excursion	
16:00							Temisas and Gran Canaria Observatory	
17:00					Excursion to Tejeda			
17:30	Pilates Stretch and Release	Pilates Breath, Core and Activation	Return to Life Pilates	Pilates Ball Work	and Roque Nublo/Evening Free	Pilates Full Props work	Pilates Full Stretch	
18:00								
18:30								
19:00								
19:30	1							
20:00	Welcome Dinner	Dinner	Dinner Away	Dinner	Dinner Away	Dinner	Farewell Dinner	
20:30								