



	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 Posture and Alignment	Pilates Release and Relieve	Magic Circle Pilates	Pilates Foam Roller Challenge	Pilates with the Elastic Bands	Pilates Full Flow	"See you next time!" Breakfast
9:30								
10:00			Brunch	Brunch	Brunch	Brunch	Brunch	
10:30								
11:30		Beach Excursion					Hiking Excursion Temisas and Gran Canaria Observatory	
12:00								
16:00								
17:00					Excursion to Tejeda and Roque Nublo/Evening Free			
17:30	Pilates Stretch and Release	Pilates Breath, Core and Activation	Return to Life Pilates	Pilates Ball Work		Pilates Full Props work	Pilates Full Stretch	
18:00								
18:30								
19:00	Welcome Dinner	Dinner	Dinner Away	Dinner	Dinner Away	Dinner	Farewell Dinner	
19:30								
20:00								
20:30								