

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	Sky Retreats Arrival Day!	Welcome Chat with the Sky Retreats Team Ashley, Frauke & Alex		Precise Control Pilates with Alex			Pilates Full Flow with Alex	"See you next time " Breakfast!
8:30								
9:00		Up & Atom Pilates (PowerHouse, Breath & Injury Prevention) with Alex	Dynamic Flow Yoga (focus on upper body strength and arm balances) with Frauke	Pilates Upper Body Alignment Part 2 with Ashley	Inversion Flow Yoga (Focus alignment & form) with Frauke	Pilates Trigger Release with Ashley	Stability and Length Pilates with Ashley	
9:30								
10:00								
10:30		Brunch	Brunch	Brunch	Brunch	Brunch	Brunch	
11:30								
12:30								
16:00		Hiking excursion to Oia	One-on-One Personal Training Sessions with Instructors	Quad Bike Excursion to Southern Beaches and Archeological Site (Optional)	H.I.I.P (30 min High Intensity Interval Pilates for maximal caloric burn) All levels Welcome with Alex	Catamaran Sailing Excursion with sunset dinner onboard (Optional)	One-on-One Personal Training Sessions with Instructors	
17:00					Get Strong! Pilates (Elastic Band work) with Alex			
17:30	Slow Flow Yoga (Destress and Unwind) with Frauke	Pilates Lower Body Alignment Part 1 with Ashley	Stripped Down Pilates (Classical Order) with Alex	Vinyasa Flow Yoga (Hips and Hamstrings) and with Frauke	Stretch and Flow Pilates with Ashley	Yin Yoga and Meditation with Frauke	Departure Day	
18:00								
18:30								
19:00								
19:30	Welcome Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		Farewell Dinner
20:00								
21:00								