

	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	Sun Salutation & Swim at the Beach for energy and vibrancy 06:45am		Pilates Full Flow with Alex	"See you next time " Breakfast!
8:30								
9:00		Up & Atom Pilates (PowerHouse, Breath & Injury Prevention) with Alex	Kundalini Yoga and Meditation with Frauke	Pilates Upper Body Alignment Part 2 with Ashley	Yin Yang Flow Yoga 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	Sweet Surrender Yin Yoga Arriving to Stillness with Frauke	Pilates Lower Body Alignment Part 1 with Ashley	Stripped Down Pilates (Classical Order) with Alex	Full Body Yin Yoga with Frauke	Stretch and Flow Pilates with Ashley	Kundalini Yoga & Meditation (Deep Balance) with Frauke	Departure Day	
18:00								
18:30								
19:00								
19:30								
20:00	Welcome Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		Farewell Dinner
21:00								