

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00	Sky Retreats Arrival Day!	<b>Welcome Chat with the Sky Retreats Team</b> Ashley, Elena & Alex		<b>Precise Control Pilates</b> with Alex	<b>Sunrise Beach Meditation</b> at 6:15am with Elena		<b>Pilates Full Flow</b> with Alex	"See you next time " Breakfast!	
8:30									
9:00		<b>Up &amp; Atom Pilates</b> (PowerHouse, Breath & Injury Prevention) with Alex	<b>Yoga Foundations; Aligning Breath with Movement &amp; Meditation</b> with Elena	<b>Pilates Upper Body Alignment Part 2</b> with Ashley	<b>Vinyasa Flow Yoga (Flowing with the elements)</b> with Elena	<b>Pilates Trigger Release</b> with Ashley	<b>Stability and Length</b> Pilates with Ashley		
9:30									
10:00									
10:30		Brunch	Brunch	Brunch	Brunch	Brunch	Brunch		
11:30						One-on-One Personal Training Sessions with Instructors	One-on-One Personal Training Sessions with Instructors		
12:30					<b>Quad Bike Excursion to Southern Beaches and Archeological Site</b> (Optional)	<b>H.I.I.P (30 min High Intensity Interval Pilates</b> for maximal caloric burn) All levels Welcome with Alex	Leaving at 2pm <b>Catamaran Sailing Excursion</b> With sunset dinner onboard (Optional Excursion)		One-on-One Personal Training Sessions with Instructors
16:00		Hiking excursion to Oia	One-on-One Personal Training Sessions with Instructors						
17:00						<b>Get Strong! Pilates</b> (Elastic Band work) with Alex			
17:30				<b>Yin Yang Flow</b> with Elena	<b>Stretch and Flow Pilates</b> with Ashley		<b>Vinyasa Flow Movement &amp; Meditation</b> with Elena		
18:00	<b>Sweet Surrender</b> Restorative Yin Yoga with Elena	<b>Pilates Lower Body Alignment Part 1</b> with Ashley	<b>Stripped Down Pilates</b> (Classical Order) with Alex						
18:30									
19:00									
19:30								Departure Day	
20:00	Welcome Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Farewell Dinner		
21:00									