

Gran Canaria Spain

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15	Arrival Day	Morning Cupa! Welcome chat						
8:30								
9:00		"Revive & Rejuvenate Pilates" Focus on breath and core activation	"Realign Pilates" Foam Roller Flow	"Magic Awakening" Magic Circle Pilates	Pilates Body Ball	Pilates with Elastic Bands	Ying Yang Yoga Sequence for stress	"See you next time!" Breakfast
9:30								
10:00		Brunch	Brunch	Brunch	Brunch	Brunch	Brunch	
10:30								
11:30		Beach Excursion						
16:00								
17:00					Excursion to Tejeda and Roque Nublo/ Evening Free			
17:30		Gentle Recovery Yin Yoga with Nayra	Vinyasa Flow Sun Salutations & Floor Aasanas	Yin Yoga Face your fears		Yin Yoga Embrace Spirit of Renewal		
18:00						Ying Yang yoga Heart & Hips		
18:30							Pilates Stretch & Flow	
19:00								
19:30	Welcome Dinner	Dinner						
20:00			Dinner	Dinner	Dinner	Dinner	Farewell Dinner	
20:30								