

DAY 01

Thursday, 23.10.2025

4:30 pm Arrival and tour of the premises

05:30 pm Reformer pilates class

07:30 pm Dinner





When you arrive, you'll be welcomed with a tour of the premises so you can get to know your new surroundings and feel at home right away.

In the afternoon, you'll ease into the experience with a refreshing reformer pilates class, helping your body stretch, strengthen, and release any travel tension.

The day ends with a nourishing dinner, giving you time to relax, enjoy delicious food, and settle into the peaceful atmosphere.

DAY 02

Friday, 24.10.2025

09:00 am Morning snack

09:30 am Mindfulness & pilates principles

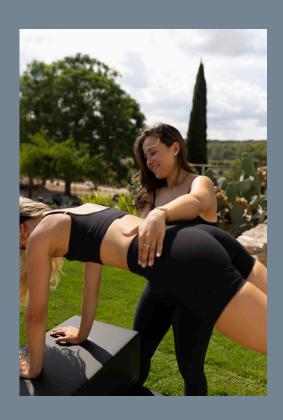
10:00 am Reformer pilates class

11:00 am Brunch time

02:00 pm Special activity

05:00 pm Reformer pilates class

07:00 pm Dinner



Your day begins with a light morning snack to gently energize you before diving into a session on mindfulness and the core principles of pilates, setting the foundation for everything that follows.

You'll then take part in a revitalizing and challenging reformer pilates class that both strengthens and awakens your body. Afterward, enjoy a nourishing brunch designed to refuel and uplift.

The afternoon brings a special activity, giving you the chance to explore, connect, or simply try something new.

Later, another reformer pilates class helps you deepen your practice and release any remaining tension. The day comes to a close with a wholesome dinner, the perfect way to relax, share, and recharge.

DAY 03

Saturday, 25.10.2025

09:00 am Morning snack

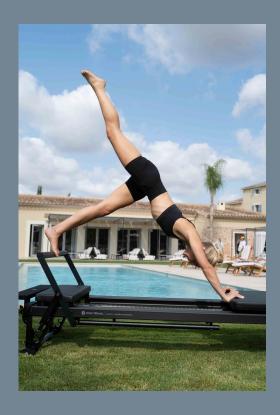
09:45 am Mindfulness

10:00 am Reformer pilates class

11:00 am Brunch time

05:00 pm Reformer pilates class

07:00 pm Dinner



Your morning begins with a light snack before easing into a calming mindfulness session that centers you and sets the tone for the day.

You then flow into a dynamic reformer pilates class designed to strengthen, align, and energize your body. A nourishing brunch follows, leaving you refreshed and refueled.

Later, you return to the reformer for an empowering class that deepens your practice and allows you to experience the benefits more fully.

The day closes with a wholesome dinner - the perfect way to relax, restore, and end your evening in balance.

DAY 04

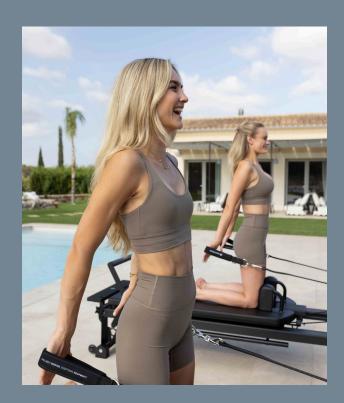
Sunday, 26.10.2025

07:45 am Mindfulness session

08:00 am Reformer pilates class

09:00 am Breakfast time

10:00 am Departure



Begin the day with a calming mindfulness session that invites you to slow down, reconnect with the present moment, and set the intention for a restorative experience.

Flow seamlessly into a revitalizing reformer pilates class, where mindful movement strengthens the body and restores balance.

Afterward, enjoy a nourishing breakfast crafted to energize and delight, rounding out a morning designed to leave you refreshed, inspired, and ready to carry a sense of well-being into the rest of your day.

