



Pilates Retreat with Angelie | 2025 Schedule

| | Thurs Oct 23 | Fri Oct 24 | Sat Oct 25 | Sun Oct 26 | Mon Oct 27 | Tues Oct 28 | Wed Oct 29 |
|---------------|--|---|--------------------|--|--------------------|--------------------|-----------------------|
| 08:00 – 09:00 | Arrival, check-in, shuttle to Tao's | Morning Practice | Morning Practice | Breakfast @ Margarita One on One Sessions Free island time | Morning Practice | Morning Practice | Morning Practice |
| 09:00 | | Breakfast | Breakfast | | Breakfast | Breakfast | |
| 10:00-14:00 | | Noon Practice | Noon Practice | | Noon Practice | Noon Practice | Noon Practice & Lunch |
| 14:00 | | Lunch | Lunch | | Lunch | Lunch | |
| 15:00-16:00 | | 17:00 Orientation & Opening Session | Afternoon Practice | | Afternoon Practice | Afternoon Practice | Afternoon Practice |
| 19:00 | | Welcome Dinner | | | | | |