



Pilates Training with Angelie | 2025 Schedule

	Fri Oct 24	Sat Oct 25	Sun Oct 26	Mon Oct 27	Tues Oct 28	Wed Oct 29	Thurs Oct 30
09:00 – 11:00		Pilates, Advanced Movement & Somatic Work	Pilates, Advanced Movement & Somatic Work	Pilates, Advanced Movement & Somatic Work	Pilates, Advanced Movement & Somatic Work	Pilates, Advanced Movement & Somatic Work	Pilates, Advanced Movement & Closing
11:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
17:30 – 19:30	Intro tour, registration & Opening Session	Talk, Meditation & Relaxation	Talk, Meditation & Relaxation	Talk, Meditation & Relaxation	Talk, Meditation & Relaxation	Talk, Meditation & Relaxation	
19:30	Dinner	Dinner		Dinner		Dinner	