



Pilates Training with Eliya | 2025 Schedule

	Tues April 22	Wed April 23	Thurs April 24	Fri April 25	Sat April 26
08:00		Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast
09:00 – 13:30		Morning & Noon Sessions	Morning Session	Morning Session	Closing Session
10:30		Lunch	Lunch	Lunch	12:00 Lunch
17:30 – 19:30	17:00 Intro tour, registration & Opening Session	Afternoon Session	Afternoon Session	Afternoon Session	
19:30	Dinner	Dinner	Dinner	Dinner Out	