

# RETREAT SCHEDULE

<p style="text-align: center;">T h u r s d a y 2 4 / 1 0</p> <p><b>4:00PM</b> - Arrival and room check-in</p> <p><b>4:30PM</b> - Welcome and Strength &amp; Stretch Pilates class</p> <p><b>6:00PM</b> - Supper</p> <p><b>7:30PM to 10:00PM</b> - Thermal baths</p>	<p style="text-align: center;">F r i d a y 2 5 / 1 0</p> <p><b>Before 9:30AM</b> - Breakfast</p> <p><b>9:30AM</b> - Core Pilates class</p> <p><b>10:45AM</b> - Workshop</p> <p><b>1:00PM</b> - Lunch</p> <p><b>2:00PM to 5:00PM</b>- Thermal baths or massages</p> <p><b>5:00PM</b> - Flow Pilates Class</p> <p><b>7:00PM</b> - Supper</p>
<p style="text-align: center;">S a t u r d a y 2 6 / 1 0</p> <p><b>Before 9:30AM</b> - Breakfast</p> <p><b>9:30AM</b> - Power &amp; Coordination Pilates class</p> <p><b>11:00AM to 1:00PM</b> - Forest hike with Miriah &amp; Geneviève or thermal baths/massages</p> <p><b>1:00PM</b> - Lunch</p> <p><b>1:00PM to 5:00PM</b> - Thermal baths or massages</p> <p><b>5:00PM</b> - Massage ball workshop</p> <p><b>7:00PM</b> - Supper</p>	<p style="text-align: center;">S u n d a y 2 7 / 1 0</p> <p><b>Before 9:30AM</b> - Breakfast</p> <p><b>9:30AM</b> - Stability Pilates class</p> <p><b>11:00AM</b> - Room check-out</p> <p><b>11:00AM to 6:00PM</b> - Access to thermal baths</p>