

LAGOS, PORTUGAL

FOUR NIGHTS

WORKOUT AWAY

Pilates

DAY ONE

15:00	Guest arrivals
16:00	<u>Pilates</u> Fundamentals
17:00	<u>Pilates</u> Restore
19:00	Apéritif
19:30	Dinner at Cascade

DAY TWO

08:00	<u>Pilates</u> Sculpt
09:00	Breakfast at Cascade
10:00	Clifftop hike - See the spectacular Algarve coastline
14:00	Relaxing time back at the resort
16:00	<u>Pilates</u> Restore
19:00	Dinner at Cascade

DAY THREE

07:30	<u>Pilates</u> Heat
08:15	Breakfast at Cascade
11:00	Bonus Class
12:00	Lunch at Cascade
13:30	Stand-up paddleboarding
	Free evening to relax & explore after a couple of busy days

DAY FOUR

07:30	<u>Pilates</u> Restore
09:00	Breakfast at Cascade
	Free morning to relax
	Free afternoon to relax
16:30	<u>Pilates</u> Sculpt
20:00	Dinner at Barbosa in Lagos Old Town

DAY FIVE

08:00	<u>Pilates</u> Heat
09:00	Breakfast at Cascade
11:00	Check-out & departures
	Guests are welcome to remain at the resort and store bags if their flight departs later in the day.
	Shower and change facilities are available.

All meals outlined above are included in the price of your retreat.

We try and keep our retreats as close to this timetable as possible, but sometimes we need to make small adjustments.