



Badhotel Domburg\*\*\*\*, Domburg, The Netherlands

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## 3-DAY PILATES RETREAT WITH NANNET

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### DAY OF ARRIVAL

- 15:00 Check-in at the hotel
- 16:00 Welcome and introduction
- 16:30 – 17:15 Walk on the beach
- 18:30 Dinner
- 21:00 Relaxercise

### DAY TWO

- 08:15 – 09:30 Rise & Shine stretch and Pilates class
- 09:30 Breakfast
- 10:00 Afternoon for your own leisure
- 17:00 – 18:30 Pilates class with music
- 19:00 Dinner at your own leisure

### DAY OF DEPARTURE

- 08:15 – 09:30 Rise & Shine stretch and Pilates class
- 09:30 Breakfast
- 12:00 Check-out

The program is subject to availability, price and changes and manifest errors, no rights can be derived from them.