



### 3-day Pilates weekend met Nannet

**Badhotel Domburg \*\*\*\*, Domburg, the Netherlands**

#### Day of arrival

Check in is from 3 pm. You may arrive earlier and leave your luggage at reception to take a stroll. At 4 pm there is the introduction with Pilates instructor and coach Nannet whilst enjoying a cup of herbal tea or lemon water. After the introduction, you could join in for a walk at the beach (45 minutes). At 6.30 pm you are invited for a two course set menu in restaurant Zee & Land (Sea & Land). If you prefer to have your dinner on another evening, just inform the reception. At 21.00 pm we finish the day with a 'Relaxercise Pilates class'.

#### Pilates workshop

The first class starts at 8.15 am with stretching Rise & Shine followed by the first Pilatesclass. The class is both for beginners and advanced levels. At 09.30 you can enjoy breakfast.

The afternoon is for your own leisure. Obviously the place lends itself very well to relax: the fireplace with a good book, fine wine tasting, enjoying a visit to the sauna in the wellness center or take a relaxing walk on the beach or through the luxury boutique shops in the village.

At 5 pm is the third Pilates class for 60 minutes. Dinner is not included this evening, so you can eat in the hotel restaurant or explore any of the high quality restaurants' within 200 meters.

#### Pilates workshop and check-out

The day starts with another pilates class at 8.15 am with stretching, followed by a Pilates workshop at 9.30 am.

Check out is at 12 pm. A late check-out is possible, please ask the reception for more information.

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