

# LAGOS, PORTUGAL

FOUR NIGHTS

WORKOUT AWAY

# Pilates

DAY ONE		DAY TWO		DAY THREE		DAY FOUR		DAY FIVE	
		<b>08:00</b>	<u>Pilates</u> Sculpt	<b>07:30</b>	<u>Pilates</u> Heat	<b>07:30</b>	<u>Pilates</u> Restore	<b>08:00</b>	<u>Pilates</u> Heat
		<b>09:00</b>	Breakfast at Cascade	<b>08:15</b>	Breakfast at Cascade	<b>09:00</b>	Breakfast at Cascade	<b>09:00</b>	Breakfast at Cascade
<b>15:00</b>	Guest arrivals	<b>10:00</b>	Clifftop hike - See the spectacular Algarve coastline	<b>11:00</b>	Bonus class: Barre with Amanda		Free morning to relax	<b>11:00</b>	Check-out & departures
<b>16:00</b>	<u>Pilates</u> Fundamentals	<b>14:00</b>	Relaxing time back at the resort	<b>12:00</b>	Lunch at Cascade		Free afternoon to relax		Guests are welcome to remain at the resort and store bags if their flight departs later in the day.
<b>17:00</b>	<u>Pilates</u> Restore	<b>16:00</b>	<u>Pilates</u> Restore	<b>13:30</b>	Stand-up paddleboarding	<b>16:30</b>	<u>Pilates</u> Sculpt		Shower and change facilities are available.
<b>19:00</b>	Apéritif	<b>19:00</b>	Dinner at Cascade		Free evening to relax & explore after a couple of busy days	<b>20:00</b>	Dinner at Barbosa in Lagos Old Town		
<b>19:30</b>	Dinner at Cascade								

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.