

**Chloe's Pilates 2 day Schedule  
 Movement & wellbeing Reset  
 Coombe End Manor  
 May-24**

<b>7.00-7.45</b>		Morning hike	Morning hike
<b>8.00-9.30</b>		Meditation & Pilates Barre	Meditation & Cardio Pilates
<b>9.30-10.30</b>		Breakfast	Breakfast
<b>11-12.30</b>		Padel lesson/free time	Breathwork workshop @ Elkstone Studios
<b>1pm</b>		Lunch	Lunch @ Elkstone studios
<b>3pm</b>	Guests arrive, welcome juice and settle into rooms	Pilates principles & posture workshop	Flower arranging at Elkstone studios & departure
<b>3.30-5pm</b>	Welcome meditation followed with a Power Pilates class	Stretch & sound healing	
<b>5-6pm</b>	Massage/free time	Massage/free time	
<b>6-7pm</b>	Massage/free time	Massage/free time	
<b>7.30pm</b>	Dinner	Dinner	