

COTSWOLD RETREAT

21st March - 24th March 2024



Friday 21st	
11:00	Meet at car park and collect bikes
11:30 - 16:00	Bike ride and pub lunch
16:00 - 17:00	Check in to accomodation
17:00 - 19:00	Circuit training and Reformer Pilates
19:00	Dinner and evening free time Sip and Paint
Saturday 22nd	
07:00 - 07:30	Morning run
07:30 - 10:00	Morning sunrise walk
10:00 - 12:00	Brunch and free time
12:00 - 16:00	Circuits/ Boxing/ Tennis/ Reformer Pilates
16:00 - 18:00	Spa time and relaxation
18:00 - 19:00	Stretches and foam roller
19:00	Dinner and evening free time

COTSWOLD RETREAT

21st March - 24th March 2024



Sunday 23rd	
07:00 - 07:30	Morning run
07:30 - 09:00	Morning sunrise walk
09:00 - 10:30	Circuits/ Boxing/ Reformer Pilates
10:30 - 12:00	Brunch and free time
12:00 - 14:00	Reformer Pilates
14:00 - 17:00	Spa/ Tennis
18:00 - 19:00	Stretches and foam roller
19:00	Dinner and evening free time
Monday 24th	
07:00 - 09:00	Morning sunrise walk
10:00	Check out of accomodation