



Danesfield Spa

Sample Pilates Weekend Itinerary

Package includes:

Just over five hours of Pilates
Buffet Lunch and three course Dinner on Day One
Continental Breakfast and Buffet Lunch on Day Two
Double or Twin room

Day 1

Registration at 10.30 in Spa
11.00 – 12.30 General Pilates Session
13.00 – 14.30 Buffet Lunch
15.00 – 16.30 General Pilates Session
19.00 Three course Dinner in the Orangery
Overnight Accommodation

Day 2

8.00 – 9.00 Pilates Wake Up Session
9.00 – 10.00 Continental Breakfast
10.30 – 12.00 Invigorating Pilates Session
12.30 Buffet Lunch