



Consveratorium Hotel*****, Amsterdam, The Netherlands

CITYRETREAT WITH NANNET

DAY OF ARRIVAL

- 15:00 Check-in at the hotel
- 15:30 Welcome and introduction
- 16:00 Walk Museumkwartier
- 18:00 Dinner
- 20:30 Relaxation

DAY TWO

- 08:00 – 09:00 Pilates
- 09:30 Breakfast
- 11:30 – 12:30 Fitwalk Vondelpark
- 17:30 – 18:00 Babbels & Bubbels (chit-chat with drinks)
- From 18:00 Dinner at your own leisure

DAY OF DEPARTURE

- 08:00 – 09:00 Pilates
- 09:30 Breakfast
- 12:00 Check-out
- 12:30 – 13:30 Fitwalk Apollolaan

The type of Pilates taught is Ground Control Pilates.

These are Pilates classes with adjustments here and there so that a group of participants of different levels can handle the Pilates movements in a responsible way. Difficult, acrobatic and risky exercises have been taken apart and reduced to a basics mat class Pilates, suitable for beginners and (semi-) advanced. The different levels of intensity are performed per exercise.

The program is subject to availability, price and changes and manifest errors, no rights can be derived from them.