



Hotel Jakarta****, Amsterdam, Netherlands

PILATES & FITNESS WEEKEND WITH NANNET

DAY OF ARRIVAL

- o 15:00 Check-in at the hotel
- o 15:00 Welcome and introduction
- o 15:30 – 16:30 Reset yourself workshop
- o 16:30 – 17:30 Pilates-Fitness workshop
- o 17:30 – 18:00 Stretch & Relax
- o 18:30 Diner

DAY TWO

- o 08:00 – 08:15 Weighing and measuring
- o 08:15 – 09:15 Pilates-Fitness workshop
- o 09:15 – 09:30 Stretch & Relax
- o 09:30 Breakfast
- o 15:30 – 16:30 Reset yourself workshop
- o 16:30 – 17:30 Pilates-Fitness workshop
- o 17:30 – 18:00 Stretch & Relax
- o 19:00 Dinner at your own leisure

DAY OF DEPARTURE

- o 08:00 – 08:15 Weighing and measuring
- o 08:15 – 09:15 Pilates-Fitness workshop
- o 09:15 – 09:30 Stretch & Relax
- o 09:30 Breakfast
- o 11:00 Check-out
- o 11:15 Fitwalk of 1,5 hours

The type of Pilates is Ground Control Pilates.

These Pilates classes are made with some adjustments to ensure the safety of the participants of different levels of Pilates. Difficult, acrobatic, and risky movements are separated and brought back to the fundamental mat pilates class, suitable for beginners and (semi-)advanced. The different levels of intensity are determined with each exercise. *The program is subject to availability, price and changes and manifest errors, no rights can be derived from them.*