



PILATES & SPA *day retreat*

9.30am

Arrival at Moddershall Oaks, check in to MADE Wellness Centre

9.45am

Settle in with a hot drink and nourishing breakfast

10.30am

Start your retreat day with a calming wellness talk

10.45am

Take part in an energising Pilates session, focused on building core strength and stability

11.45am

Finish your morning with a gentle stretch and mobility session to release tension and enhance flexibility

12.30pm

Enjoy an energising lunch at MADE

1pm

Head to the spa and enjoy an afternoon in the indoor & outdoor spa facilities

5pm

Check out of the spa after a day of selfcare feeling relaxed and rejuvenated

