

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	June 24th - 2022	June 25th - 2022	June 26th - 2022	June 27th - 2022	June 28th - 2022	June 29th - 2022	June 30th - 2022	July 1st - 2022
		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	
06:30 - 8:00	ARRIVAL STAFF/ TRAINERS		Morning Pilates & Meditation on the Beach (@ good weather)	Morning Pilates & Meditation on the Beach (@ good weather)	Morning Pilates & Meditation on the Beach (@ good weather)	Morning Pilates & Meditation on the Beach (@ good weather)	Morning Pilates & Meditation on the Beach (@ good weather)	DEPARTURE STAFF/ TRAINERS
8:00 - 9:30			Self serving Breakfast Buffet	Self serving Breakfast Buffet	Self serving Breakfast Buffet	Self serving Breakfast Buffet	Self serving Breakfast Buffet	
9:30 - 13:00			Opening Circle w/ Guest Ireland	Excursion SLAYHEAD DRIVE & DINGLE + LUNCH	Visit, Tour & Lunch at GORTBRACK ORGANIC FARM	Excursion TORC WATERFALL & HIKE & KILLARNEY + LUNCH	Closing Circle & Departure Guests	
13:00 - 14:30			Self serving Lunch Buffet					
14:30 16:30			Free time Private Sessions/ Consultations					
17:00 - 18:30			Arrival Guests & Orientation	Evening Stretches & Meditation	Free time Private Sessions/ Consultations	Evening Stretches & Meditation	Free time Private Sessions/ Consultations	
18:30 - 20:00			Welcome soup & snacks	Preparing Dinner together	Dinner on your own/ at the house or 'Out'	Preparing Dinner together	Dinner on your own/ at the house or 'Out'	
20:00 - 21:30			Beach walk	Free time	Beach walk	Free time Private Sessions/ Consultations	Beach walk	