



R & R

RESTORE AND REFORM

The Back to Health Holiday Sample Timetable

Saturday

am - airport pick up, arrive at the hotel and settle in
pm - Welcome Drinks with the Restore and Reform Team

Sunday

am - Postural and Biomechanical Assessment (55mins)
pm - Physiotherapist led Restore Class (55 mins)
pm - Therapist-led Stretch Class (30 mins)

Monday

am - Physiotherapist-led Restore Class (55 mins)
am - Physiotherapy (30 mins)
am - Private Reformer Pilates (55 mins)
pm - Therapist-led stretch Class (30 mins)

Tuesday

am - Physiotherapist-led Restore Class (55 mins)
pm - Private Reformer Pilates (55 mins)
pm - Soft Tissue Therapy (55 mins)
pm - Therapist-led Stretch Class (30 mins)

Wednesday

am - Physiotherapist-led Restore Class (55 mins)
am - Physiotherapy (30 mins)
pm - Private Reformer Pilates (55 mins)
pm - Therapist led Stretch Class (30 mins)

Thursday

am - Physiotherapist-led Restore Class (55 mins)
am - Private Reformer Pilates Class (55 mins)
pm - Soft Tissue Therapy (55 mins)
pm - Therapist led Stretch Class (30 mins)

Friday

am - Physiotherapist-led Restore Class (55 mins)
am - Private Reformer Pilates Class (55 mins)
am - Physiotherapy (30 mins)
pm - Therapist-led Stretch Class (30 mins)

Saturday

am - check out depart