

WELLNESS

GEORGIA CHAPMAN COSTA 18th May - 30th May

	Monday 18/05/2026 25/05/2026	Tuesday 19/05/2026 26/05/2026	Wednesday 20/05/2026 27/05/2026	Thursday 21/05/2026 28/05/2026	Friday 22/05/2026 29/05/2026	Saturday 23/05/2026 30/05/2026
8:45 - 9:30	Express Core and Glutes	Slow Sculpt Pilates Upper Body Focus	20/5 Express Core and Glutes 27/5 Dynamic Pilates	Express Core and Glutes	Slow Sculpt Pilates Upper Body Focus	Express Core and Glutes
9:45 - 10:30						Dynamic Pilates
5:00 - 5:45	Restorative mat Pilates Hip and heart openers	Stretch and Recovery	Restorative mat Pilates Spinal Release	Restorative mat Pilates Hip and heart openers	Stretch and Recovery	

Express Core and Glutes

A targeted strength session focused on building core stability and lower-body strength. Expect controlled movements to activate, tone, and strengthen - leaving you feeling strong, balanced, and supported.

Restorative mat Pilates

A steady, slow-paced restorative class that focuses on controlled movements, core activation, improved mobility and deep stretching. Perfect for all levels and ideal for beginners, it helps build strength, alignment, and flexibility while promoting relaxation and body awareness..

Dynamic Pilates

Express An uplifting vinyasa flow that blends breath and movement in a continuous, dynamic sequence. Designed to build strength and fluidity while calming the mind, this practice leaves you feeling balanced, energised, and restored.

Slow Sculpt Pilates

Slow sculpt Pilates is a slower, more conscious, mat-based workout that blends classic Pilates techniques with strength-focused movements to tone, lengthen, and define your muscles. This slower, more strength-based class targets the core, glutes, and arms for an intense full-body burn, leaving you feeling strong and sculpted.

Stretch and Recovery

Release tension, improve flexibility, and support recovery with deep stretches, mobility work, and breath-focused movements. This all-levels class enhances circulation, reduces soreness, and restores balance—leaving you refreshed and ready to move with ease.