

APRIL 2ND-5TH IN LOUISVILLE, KY

SPRING 2026 RETREAT SCHEDULE

DAY 1 – ARRIVALS

4:00-6:00 PM
6:00 PM
7:00-7:45PM

8:00 PM
9:00 PM

Arrivals (arrive anytime after 4pm)
Welcome Snack & Agenda
PILATES: 101 Fundamentals - Deep Core, Hip Flexors, & Finding Flow
Welcome Dinner Reception
WORKSHOP - Getting Started With Positive Affirmations & Manifestation

DAY 2 – LET'S GET MOVING

8:00-8:45 AM
9:15 AM
10:30 AM
12:00 PM
2:00 PM
4:00 PM
5:45-6:30PM

7:00 PM
9:00 PM

PILATES: Posterior Chain Power - Back, Ass, & Hams
Breakfast from Biscuit Belly Breakfast
Cherokee Park Scenic Walk
Lunch & Tea @ Roots / Heart & Soy
Historic Old Louisville Architecture Tour
WORKSHOP: Bold & Becoming Vision Boarding Session
PILATES: Standing Room Only - 360 Degree Sculpt from Standing
BOWLS & BEATS - Nourishing grain bowls w/ deep house mix
WORKSHOP: Mindful Mocktails & Elevating Elixirs Mixology Lab

DAY 3 – CONTINUED MOMENTUM

8:00-8:45 AM
9:15 AM
10:30 AM
11:30 AM
1:00 PM
4:00 PM

5:15-6:00 PM

7:00 PM
9:30 PM

PILATES: Ribbon Resistance - Intro to the Long Band
Breakfast from Con Huevos
Waterfront Park Stroll
NuLu Women-Owned Shop Crawl
Lunch @ Proof on Main
WORKSHOP: Pilates for Every BODY - Body Image, Self Love, & Beyond
PILATES: Side Line Sculpt - Obliques & Glutes Medius Melter
Dinner @ Agave & Rye
WORKSHOP: The Slow-Down Sip Session - Bedtime Tea with Guided Gratitude Journaling

DAY 4 – DEPARTURE

8:00-9:00 AM
10:00 AM
11:00 AM

PILATES: Power Hour - Whole Body Harmony
Departing Gift & Continental Breakfast
Checkout by 11am

*The retreat schedule is subject to change. All Pilates is slated to occur on the private rooftop patio. In the event of rain, classes will be moved inside.

visit misskickfitness.com/springretreat