

CLASS SCHEDULE 2025

- ADVANCE BOOKING IS REQUIRED -

	LUNES/ MONDAY	MARTES/ TUESDAY	MIÉRCOLES/ WEDNESDAY	JUEVES/ THURSDAY	VIERNES/ FRIDAY	SÁBADO/ SATURDAY	DOMINGO/ SUNDAY
08.00	YOGA	YOGA	PILATES	YOGA	YOGA	PILATES	YOGA
09.00	YOGA	YOGA	PILATES	YOGA	YOGA	PILATES	YOGA
10.15	THAI MASSAGE	THAI MASSAGE		THAI MASSAGE	THAI MASSAGE		THAI MASSAGE

YOGA

The classes are uniquely designed Classical Hatha/Vinyassa Yoga sequences with a fresh twist to invigorate, challenge and balance your mind and body.

PILATES

The Pilates method consists of a series of exercises to strengthen body and mind through controlled movements and consciuos breathing. It increases strength, flexibility and mental focus, which transforms it into a holistic experience for your mind and body.

GROUP CLASSES (MAX 10 pax) 35 € P/P

PRIVATE CLASSES 55 € P/P

ALL SKILL LEVELS ARE WELCOME!

THAI MASSAGE

Immerse yourself in a unique experience based on muscle stretching and deep pressure, designed to relieve tension in the tissues and provide a total sense of well-being. This treatment is ideal for releasing accumulated stress and balancing your emotional state.To fully enjoy your massage, we recommend wearing comfortable clothing that allows for fluid movements and deep bodywork.

75MIN, 130€

Please be informed that we require a minimum of 12 hours cancellation notice prior to your class.

No-show appointments will be charged 50% of the cost of the class booked.

Thank you for your understanding.

Please book before 21.00h at the SPA by Dial #205 or Front Desk #9