

PILATES, YOGA & BARRE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Barre Group Class Pilates Studio 8.30 - 9.30 am				Group Pilates Mat Class Yoga Studio 8.30 - 9.30 am
Pilates Reformer Pilates Studio 9.30 - 1.30 am				Pilates Reformer Pilates Studio 9.30 - 1.30 am
				Yoga Group Class Yoga Studio 9.30 - 10.30 am
Pilates Reformer Pilates Studio 3.00 - 5.00 pm			Pilates Reformer Pilates Studio 4.30 - 5.30 pm	Pilates Reformer Pilates Studio 3.00 - 5.00 pm
Group Pilates Mat Class Yoga Studio 5.30 - 6.30 pm			Barre Group Class Pilates Studio 5.30 - 6.30 pm	
			Pilates Reformer Pilates Studio 6.30 - 7.30 pm	

■ BARRE

■ YOGA
(Navakarana Vinyasa)

■ PILATES
(One-to-One/Duet)

Class spots are limited.

To reserve your spot, please email us at wellness@camiral.com

or call +34 972 181 022.

Special rates available for residents.



WELLNESS CENTRE

CAMIRAL GOLF & WELLNESS