



WELLNESS CENTRE

CAMIRAL GOLF & WELLNESS

PILATES & BARRE SCHEDULE

September 1st - December 31st, 2024

Monday

8:30 AM - 1:30 PM & 3:00 PM - 6:30 PM

- 8:30 AM: Barre Group Class
- 9:30 AM: Pilates Reformer (One-to-One/Duet)
- 10:30 AM: Pilates Reformer (One-to-One/Duet)
- 11:30 AM: Pilates Reformer (One-to-One/Duet)
- 12:30 PM: Pilates Reformer (One-to-One/Duet)
- 3:00 PM: Pilates Reformer (One-to-One/Duet)
- 4:00 PM: Pilates Reformer (One-to-One/Duet)
- 5:30 PM: Group Pilates Mat Class



Thursday

4:30 PM - 7:30 PM

- 4:30 PM: Pilates Reformer (One-to-One/Duet)
- 5:30 PM: Barre Group Class
- 6:30 PM: Pilates Reformer (One-to-One/Duet)



Friday

8:30 AM - 1:30 PM

- 8:30 AM: Group Pilates Mat Class
- 9:30 AM: Pilates Reformer (One-to-One/Duet)
- 10:30 AM: Pilates Reformer (One-to-One/Duet)
- 11:30 AM: Pilates Reformer (One-to-One/Duet)
- 12:30 PM: Pilates Reformer (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.

www.camiral.com