



WELLNESS

Special prices for Residents. Reservations: wellness@camiral.com



Pilates

Experience the benefits of Pilates with state-of-the-art equipment from the renowned Spanish brand ARREGON®. Our sessions are designed to strengthen your core, enhance sports performance, and provide restorative, deep muscle stretches.

- Individual sessions or for two people in studio
- Monday, Thursday and Friday on demand
- Pilates Studio
- 55 minutes minutes
- From €70/person



Healthy Microbiome

Join our nutritionist Mireia Cervera and chef duo for an insightful session on how food can support gut health, immunity, and overall vitality.

- 28 June at 5:00 pm - 7:00 pm
- Wellness Kitchen
- Languages: Spanish / Catalan
- €60/ person



Barre

Barre is a functional workout that mixes ballet, yoga and Pilates using a barre. Improve body control and tone muscles with precise, isometric movements and music, alternating between the bar and the floor.

- Every Monday at 8:30 am and every Thursday at 5:30 pm
- Pilates Studio
- 60 minutes sessions
- €25/ person
- Maximum of 6 people



Yoga & Brunch Series

Recharge with our monthly wellness escape, guided by Navakarana Vinyasa specialist Sara Juan. Each session is aligned with the lunar cycle and includes:

- 60-minute yoga session
- 60-minute access to the Thermal Pavillion
- 60-minute seasonal, healthy brunch at The Wellness Kitchen
- 21 June · 19 July · 9 August
- Wellness Centre. €60 per person
- Limited spaces. Booking required