PILATES, YOGA & BARRE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Barre Group Class Pilates Studio 8.30 - 9.30 am	**Yoga Group Class** Yoga Studio 8.30 - 9.30 am			**Group Pilates Mat Class** Yoga Studio 8.30 - 9.30 am	**Yoga Group Class** Yoga Studio 8.00 - 9.00 am
Pilates Reformer Group Class* Pilates Studio 9.30 - 10.30 am				**Pilates Reformer Group Class*** Pilates Studio 9.30 - 10.30 am	
Pilates Reformer Pilates Studio 10.30 - 1.30 pm				**Pilates Reformer** Pilates Studio 10.30 - 1.30 pm	
Pilates Reformer Pilates Studio 3.00 - 5.00 pm				**Pilates Reformer** Pilates Studio 3.00 - 5.00 pm	
			Pilates Reformer Pilates Studio 4.30 - 5.30 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
(Hatha Vinyasa)

PILATES
(Individuel/Duo)

Class spots are limited. **Maximum of 3 participants*
To reserve your spot, please email us at *wellness@camiral.com*
or call +34 972 181 022.
Special rates available for residents.

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