

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	
Pilates Reformer Group Class* Pilates Studio 9.30 - 10.30 am				Pilates Reformer Group Class* Pilates Studio 9.30 - 10.30 am	Yoga Group Class Yoga Studio 9.00 - 10.00 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 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. *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.