

17.-23. MAY 26

PILATES RETREAT

SITGES / SPAIN

RETREAT

JOIN THE ROUTINE PILATES RETREAT IN SPAIN



Join the Routine Pilates Club Retreat. Located in Sitges (Spain), Only 30 minutes from Barcelona, this retreat offers the perfect experience of movement, sun, organic food, community and relaxation for 7 days / 6 nights.

BOOK VIA EMAIL

info@routine-pilates.ch

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EXPERIENCE

**7 DAYS OF
HEALTH,
MOVEMENT,
ORGANIC
FOOD, FUN &
SUN**



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PROGRAM

How a day looks like:

- 08:30: PRE-WORKOUT (OPTIONAL)
- 09:30: MORNING PILATES CLASS
- 10:45: NUTRITIOUS BRUNCH
- 12:30 – 17:00: POOL TIME TO RELAX AND CONNECT OPTIONS FOR DAY TRIPS (BEACH, CITY, ...)
- 17:00: EVENING PILATES / MOBILISATION / FLEXIBILITY CLASS
- 19:30: ORGANIC DINNER
- 21:00: SOUND BATH AND MEDITATION (2x a Week)

Extras:

- 14.00-16.30 : CERAMIC CLASS (1x)
- OPTIONAL TRIPS THAT CAN BE ORGANIZED INDIVIDUALLY: CITY TRIPS, BEACH-TRIPS, VINARY TRIPS
- MESSAGES CAN BE BOOKED ADDITIONAL (NOT INCL.)



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ALL INCLUSIVE

WHATS INCLUDED:

- ALL INCLUSIVE ACCOMMODATION FOR 7 DAYS / 6 NIGHTS.
- 2-3 DAILY PILATES & MOVEMENT CLASSES
- ORGANIC FOOD FROM A PRIVATE LOCAL CHEF. BRUNCH, LUNCH AND DINNER INCL. SNACKS AND COFFEE DURING THE DAYS.
- POOL AREA INCL. TOWELS
- A VARIETY OF DAILY ACTIVITIES WHERE WE WILL EXPLORE AND CONNECT LIKE POTTERY CLASS, SOUND BATH EXPERIENCE.
- EXCLUSIVE PILATES GOODIE BAG



**Pay 50% now and 50%
eight weeks before the retreat**

BOOK NOW

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WHATS NOT INCLUDED:

- FLIGHTS / TRANSPORT
- ALCOHOL
- PRIVATE ORGANIZED DAYTRIPS

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ROOMS



DOUBLE ROOM 1

A shared Room with two single beds.
2300 CHF P.P

Or if you like privacy: 2850 CHF P.P
as single room.

BOOK NOW



DOUBLE ROOM 2

A shared Room perfect for friends
with two single beds.

2300 CHF P.P

BOOK NOW



DOUBLE ROOM 3

A shared extra big Room perfect
for friends or new Pilates
connections with two single beds.
2400 CHF P.P

BOOK NOW

Send us an email and save your room info@routine-pilates.ch

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PILATES RETREAT

SITGES / SPAIN

ROOMS



DOUBLE ROOM 4

A shared Room with two single beds. 2300 CHF P.P shared or if you like privacy: 2850 CHF P.P as single room.

BOOK NOW



DOUBLE ROOM 5

A shared extra big Room perfect for friends with two single beds. 2400 CHF P.P

BOOK NOW



DOUBLE ROOM 6

A shared Room with two single beds. 2300 CHF P.P shared or if you like privacy: 2850 CHF P.P as single room.

BOOK NOW

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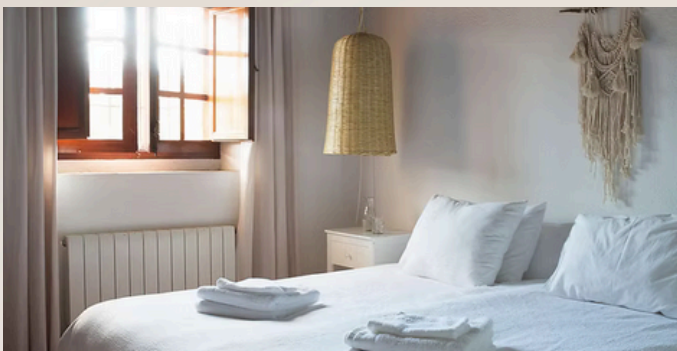
ROOMS



DOUBLE ROOM 7

A shared Room 2300 CHF P.P or
if you like privacy: 2900 CHF
P.P as single room.

BOOK NOW



SINGLE ROOM

Stay in your own room and enjoy
some privacy. 2550 CHF P.P

BOOK NOW

**Pay 50% now and 50%
eight weeks before the retreat.
PAYMENT OPTIONS AVAILBLE.**

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