

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](mailto: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
- MASSAGES CAN BE BOOKED ADDITIONAL (NOT INCL.)

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# ALL INCLUSIVE



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

**BOOK NOW**

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## 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

## WHATS NOT INCLUDED:

- FLIGHTS / TRANSPORT
- ALCOHOL
- PRIVATE ORGANIZED DAYTRIPS

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STARTING FROM  
1'750 CHF

# ROOMS



## DOUBLE ROOM 1

A shared Room with two single beds.  
1800 CHF P.P  
Or if you like privacy: 2550 CHF P.P  
as Single room.

[BOOK NOW](#)



## DOUBLE ROOM 2

A shared Room perfect for friends  
with two single beds.  
1750 CHF P.P

[BOOK NOW](#)



## DOUBLE ROOM 3

A shared extra big Room perfect  
for friends or new Pilates  
connections with two single beds.  
1950 CHF P.P or 2750 CHF P.P as  
Single room.

[BOOK NOW](#)

Send us an email and save your room [info@routine-pilates.ch](mailto:info@routine-pilates.ch)

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# ROOMS



## DOUBLE ROOM 4

A shared Room perfect for friends with two single beds.  
1750 CHF P.P

[BOOK NOW](#)



## DOUBLE / SINGLE ROOM 5

A shared Room with two single beds. 1900 CHF P.P shared or if you like privacy: 2650 CHF P.P as Single room.

[TAKEN](#)



## DOUBLE / SINGLE ROOM 6

A shared Room with two single beds. 1750 CHF P.P shared or if you like privacy: 2550 CHF P.P as Single room.

[BOOK NOW](#)

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# ROOMS

## **SINGLE / DOUBLE ROOM**



A shared Room with two single beds. 1900 CHF P.P shared or if you like privacy: 2650 CHF P.P as Single room.

[BOOK NOW](#)



## **SINGLE ROOM**

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

[TAKEN](#)



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PAYMENT OPTIONS AVAILEBLE.**

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