

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

17.-23. MAY 26

PILATES RETREAT

SITGES / SPAIN

EXPERIENCE

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



17.-23. MAY 26

PILATES RETREAT

SITGES / SPAIN

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.)



BOOK VIA EMAIL

info@routine-pilates.ch

17.-23. MAY 26


PILATES RETREAT

SITGES / SPAIN

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

info@routine-pilates.ch

WHATS NOT INCLUDED:

- FLIGHTS / TRANSPORT
- ALCOHOL
- PRIVATE ORGANIZED DAYTRIPS

17.-23. MAY 26

PILATES RETREAT

SITGES / SPAIN

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.

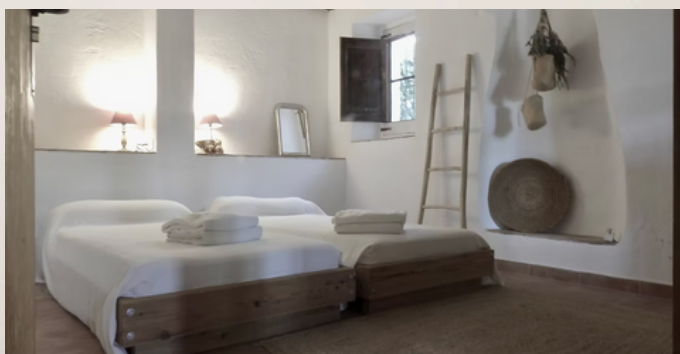
BOOK NOW



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

17.-23. MAY 26

PILATES RETREAT

SITGES / SPAIN

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

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

17.-23. MAY 26

PILATES RETREAT

SITGES / SPAIN

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



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

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