



## POOL

With any spa booking of at least one hour,  
enjoy exclusive access to our pool,  
available from 10 am to 4 pm.



# Sport

Under a clear sky, the Pilates classes unfold in harmony with nature. Bodies, grounded in the grass, bend and stretch fluidly, in rhythm with deep breaths. Sunlight filters through the trees, and a gentle breeze accompanies every movement—creating a soothing atmosphere where effort and relaxation blend in perfect balance.



## FITNESS CLASS

PILATE - YOGA - PRIVATE COACHING

All our classes can take place outdoors in the garden or indoors in the fitness room at the Spa. *(Only available with a minimum of 24-hour advance booking.)*

1H - 160€

