

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€

