



**Price**  
**70 €**

**26th APRIL - 1st MAY 2024**  
**PILATES WEEK**  
w/ Emma Gibbins

**WELCOME MEETING;**  
**DANCE STUDIO;**  
**FRIDAY 26/04 AT 15:30**

For more information go to Sports Booking or  
send an email to [eventweeks@clublasanta.com](mailto:eventweeks@clublasanta.com)

Reunion de Bienvenida;  
Viernes 26/04 a las 15:30 en la Sala de Baile



# Programme

## Friday 26/04

15:30-17:00 Welcome Reformer in the Dance Studio  
17:15-18:15 Welcome Pilates on Laguna

## Saturday 27/04

09:30-10:45 Reformer Back to Basics in the Dance Studio  
11:00-12:00 Pilates Rollers & Balls on Laguna

## Sunday 28/04

10:00-11:00 Pilates Stretch & Mobilise on Laguna  
16:15-17:30 Reformer Strength in the Dance Studio

## Monday 29/04

09:00-10:15 360 Degree Reformer in the Dance Studio  
10:30-11:30 Pilates Flow on Laguna  
14:00-15:00 SUP Pilates at the Water Sport Centre

## Tuesday 30/04

09:30-10:45 Reformer Stretch & Flow in the Dance Studio  
11:00-12:00 Pilates Origins on Laguna

## Wednesday 01/05

09:30-10:30 Pilates Favourites on Laguna  
14:00-15:00 Aerial Pilates in the Dance Studio  
15:15-16:30 Reformer Favourites in the Dance Studio

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For more information go to the Guide & Events office or send an email to [eventweeks@clublasanta.com](mailto:eventweeks@clublasanta.com)