

**Price**  
**140 €**



**31st of October - 5<sup>th</sup> of November 2026**  
**PILATES WEEK W. EMMA GIBBINS**

**This event is for both beginners and those with some experience in Pilates. The week offers 2-3 sessions per day, including themed classes in Mat Pilates and Pilates Reformer plus additional sessions in Aerial and SUP Pilates, nutrition talks & a Wellness water session.**

**Lessons are suitable for beginners and intermediate levels, with options, modifications and progressions to suit everyone. Your entire body will feel stronger and more flexible with improved muscular balance and power by the end of the week.**

**You will leave feeling more focused and ready to take on the world!**

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





# Program

## Saturday 31/10

- 09:15-10:45 Welcome to Reformer - Dance Studio  
16:00-17:00 Welcome to Pilates Matwork - Laguna  
17:15-18:00 Aerial Pilates + 18:00-18:30 Aerial Relaxation

## Sunday 01/11

- 10:00-10:55 Roll It Out on the Mat - Laguna  
11:10-12:30 Reformer Full Circle - Dance Studio  
14:30-15:30 Nutrition Talk - The Inflammation Connection:  
How Diet Can Fuel or Fight Chronic Disease -  
North Conference Center

## Monday 02/11

- 10:00-10:55 Stretch & Flow on the Mat - Laguna  
11:10-12:30 Reformer Your Strength - Dance Studio  
14:00-15:00 Floating Pilates (SUP) - Water Sports Centre



## **Tuesday 03/11**

- 09:30-10:50 Flex & Flow Reformer - Dance Studio  
11:30-12:30 Nutrition Talk - Smart Supplementation for Better Health - A Practical Guide to choosing What Works - North Conference Center  
15:00-15:55 Return To Your Roots on the Mat - Laguna

## **Wednesday 04/11**

- 09:30-10:45 Reformer Yoga - Dance Studio  
11:00-11:55 Pilates Fluid Motion - Laguna  
14:00-16:00 Wellness & Spa

## **Thursday 05/11**

- 09:00-09:55 Mat-Tastic Favourites - Laguna  
10:10-11:30 The Greatest Reformer - Dance Studio

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