

A wide-angle photograph of a large, bright Pilates studio. The room has a high ceiling with a wooden beam structure. Numerous purple and pink aerial silks are hanging from the ceiling. The floor is made of light-colored wood. Several people are lying on Pilates reformers, which are arranged in rows. The reformers are black and silver, with the brand name 'Pilates Allegro' visible on the side. The people are wearing athletic wear, and some are wearing socks. The overall atmosphere is clean and professional.

**Price
140 €**

1st - 6th November 2025

PILATES WEEK W. EMMA GIBBINS

This event is for both beginners and those with some experience in Pilates.

The week offers 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 the Guides & Events office
or send an email to groups@clublasanta.com



Program

Saturday 01/11

09:00-09:15 Introduction to Reformer (if you have never used a reformer machine before) - Dance Studio

09:20-10:50 Welcome to Reformer - Dance Studio

14:15-15:30 Nutrition Talk + Q&A - North Conference Centre

16:15-17:15 Welcome to Pilates Matwork - Laguna

Sunday 02/11

10:30-11:30 SUP Pilates

13:30-14:45 Reformer Full Circle - Dance Studio

15:00-16:00 Roll It Out On The Mat - Laguna

Monday 03/11

09:00-10:15 Reform Your Strenght - Dance Studio

10:30-11:45 Stretch & Flow on the Mat - Laguna

14:15-15:45 Wellness Water Session - Wellnes Centre

Tuesday 04/11

09:15-10:30 Flex & Flow Reformer - Dance Studio

15:15-16:15 Return to your Roots on the Mat - laguna

16:30-17:30 Aerial Pilates - Dance Studio



Wednesday 05/11

09:30-10:30 Seamless Flow on the Mat - Laguna

13:30-14:45 Reformer: The Power of One - Dance Studio

15:30-16:45 Nutrition Talk + Q&A - North Conference centre

Thursday 06/11

09:15-10:15 Mat-Tastic Favourites

10:30-11:45 The Greatest Reformer

PILATES WEEK W. EMMA GIBBINS

For more information go to Sports Booking or
send an email to groups@clublasanta.com