



*El Living*  
W E L L N E S S

## SCHEDULE MAY

**MONDAY 09:30-10:30**  
TOTAL BODY

**TUESDAY 09:30-10:30**  
VINYASA\*

**19:00-20:00**  
STRETCH & CORE\*

**WEDNESDAY 09:30-10:30**  
BOOTY CORE

**19:00-20:00**  
BARRE PILATES

**THURSDAY 09:30-10:30**  
PILATES\*

**19:30-20:30**  
YIN YOGA\*

**FRIDAY 09:30-10:30**  
TOTAL BODY

**12:30-13:30**  
YOGA FLOW\*

**SATURDAY 10:30-11:30**  
PILATES\*

**SUNDAY 10:30-11:30**  
YOGA FLOW\*

**RATES:**

20eu Drop-In  
65eu 4x Card  
135eu 10x Card  
150eu 1 MONTH  
UNLIMITED  
PASS

120eu MONTHLY  
MEMBER-  
SHIP

\* PLEASE BE MINDFUL OF THE QUIET TIME



Scan the QR and  
access the web.



**SABÀTIC**  
Stages Hotel

AV. SOFIA 65, SITGES  
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