



PALASIET

Thalasso Clinic

*Activities*

RATES



## 1. Yoga. Hatha Yoga

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Discipline that combines physical exercise with breathing techniques and meditation. Provides strength, flexibility and balance.

Individual session 90 min	80 €
Group session 90 min	18 €
Monthly voucher group session 1 day/week	62 €
Monthly voucher group session 2 days/week	98 €



## 2. Muscle chain stretching

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Precise body practice, based on gentle and sustained stretching of muscle chains to find body balance.

Individual session 90 min	49 €
Group session 90 min	18 €
Monthly voucher group session 1 day/week	49 €
Monthly voucher group session 2 days/week	87 €



### 3. Pilates floor

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Method of exercise and physical movement to strengthen and balance body and mind.

Individual session 60 min	49 €
Group session 60 min	18 €
Monthly voucher group session 1 day/week	49 €
Monthly voucher group session 2 days/week	87 €



### 4. Pilates machine

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Physical conditioning activity with the help of equipment specifically designed for the practice of the Pilates method.

Individual session 50 min	49 €
Personalized group session (maximum 3 people) 50 min	27 €
Monthly voucher group session 1 day/week	96 €
Monthly voucher group session 2 days/week	171 €



## 5. Fitness

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Interview with personal trainer + 1st gym session	31 €
Rest of gym sessions	13 €
Monthly pass individual session 1 day/week	144 €
Monthly pass individual session 2 days/week	278 €
Monthly voucher group session 2 days/week	75 €
Monthly voucher group session 3 days/week	96 €

CONSULT SCHEDULES, PRIOR RESERVATION REQUIRED.  
THE RATES DETAILED HERE ARE SUBJECT TO CHANGE.  
PLEASE CONFIRM DIRECTLY WITH THE CLINIC.



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VALENCIANA

