



PALASIET

Thalasso-Clínica

Activities

RATES JANUARY 2025



1. Group activities

GROUP WORKOUT

Duration 20 minutes, price 14 €

GROUP AQUAGYM

Duration 20 minutes, price 14 €

High-intensity pool exercises in outdoor pool from June to September

MORNING WALKS

Price 14 €

HEALTHY POSTURAL HABITS

Duration 60 minutes, price 19 €

RELAXATION WORKSHOP

Price 33 €

MOTIVATIONAL GROUP SESSION

Price 33 €

2. Body mindfulness

Activity that promotes a way of inhabiting the body, inducing a state of deep relaxation that relieves stress and anxiety.

INDIVIDUAL SESSION

Duration 90 minutes, price 50 €

GROUP SESSION

Duration 90 minutes, price 19 €



3. Physical-Sports training

Interview with personal trainer + 1st gym session, price 33 €

Additional gym sessions, price 14 €

INDIVIDUAL TRAINING

Duration 40 minutes, price 50 €

MONTHLY PASS

Individual session 1 day/week, price 154 €

Individual session 2 days/week, price 297 €

Group session 2 days/week, price 80 €

Group session 3 days/week, price 103 €

4. Muscle chains therapy

Precise and simple body practice based on gentle and sustained stretching of the muscle chains that are usually most overloaded.

INDIVIDUAL SESSION

Duration 90 minutes, price 50 €

GROUP SESSION

Duration 90 minutes, price 19 €

MONTHLY PASS

Group session 1 day/week, price 50 €

Group session 2 days/week, price 90 €



5. Floor Pilates

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

INDIVIDUAL SESSION

Duration 60 minutes, price 50 €

GROUP SESSION

Duration 60 minutes, price 19 €

MONTHLY PASS

Group session 1 day/week, price 50 €

Group session 2 days/week, price 90 €

6. Pilates machine

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

INDIVIDUAL SESSION

Duration 50 minutes, price 50 €

PERSONALISED GROUP SESSION. Maximum 3 people

Duration 50 minutes, price 29 €

MONTHLY PASS

Group session 1 day/week, price 103 €

Group session 2 days/week, price 183 €



7. Yoga. Hatha Yoga

Physical-mental discipline originating in India, which combines physical exercise with breathing and meditation techniques. It provides strength, flexibility and helps to achieve emotional balance and mental calm.

INDIVIDUAL SESSION

Duration 90 minutes, price 80 €

GROUP SESSION

Duration 90 minutes, price 19 €

MONTHLY PASS

Group session 1 day/week, price 62 €

Group session 2 days/week, price 98 €

8. PNIE. Vital Awakening Experience

Practical and theoretical experience of circadian rhythms, our biorhythms and how we function on a hormonal level.

GROUP SESSION. Minimum 2 people

Duration 240 minutes, price 40 €



PALASIET

Thalasso Clinic

The rates detailed here are subject to change.
Please confirm directly with the clinic.
Prior booking is essential.

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