STRETCH&RELAX massage & pilates boutique

Unlock your body's boundless potential at our boutique. Embark on a transformative journey with Pilates Reformer and unveil a rejuvenated you.

Basi Pilates Reformer Pricelist & Bundles

Combined package

6x55'/

170€

Stretch & Relax Combo

1 personal session, 4 mini group sessions and 1 Touch & Relax massage 55'. Available for use one month after start date.

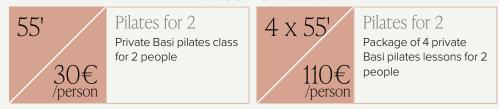
Mini group, up to 3 persons

55'	Walk in Training in small groups with no prior planning needed	4x55'	Bundle of 4 Workouts Lasting 1 month with specified time slots for your session
25€ 8x55' 150€	Bundle of 8 workouts Lasting 1 month with specified time slots for your session	85€ 16x55'/	Bundle of 16 Workouts Lasting 3 months with flexible time slots for your session

Personal appointments for basi pilates



Pilates for two





Glyfada

18, GRIGORIOU LAMBRAKI STR. 16674, GLYFADA (NEXT TO GLYFADA NESPRESSO)



Contact us for your appointment



