

# 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.



## Pilates Reformer Pricelist & Bundles

### Mini group, up to 3 persons

All day Pilates  
(Monday -  
Saturday)

Sunset Pilates  
(Monday - Friday  
17:00 - 21:00)

All day Pilates  
(Monday -  
Saturday)

Sunset Pilates  
(Monday - Friday  
17:00 - 21:00)

55'

25€

55'

20€

Walk in

Training in small groups with no  
prior planning needed

4x55'

85€

4x55'

65€

Bundle of 4  
workouts

Lasting 1 month with specified  
time slots for your session

8x55'

150€

8x55'

120€

Bundle of 8  
workouts

Lasting 1 month with specified  
time slots for your session

16x55'

350€

16x55'

280€

Bundle of 16  
workouts

Lasting 3 months with flexible  
time slots for your session

### Pilates for two

55'

30€  
/person

Pilates for 2

Private pilates class for 2  
people

4x55'

110€  
/person

Pilates for 2

Package of 4 private  
pilates workouts for 2  
people. Lasting 1 month  
with specified time slots  
for your session.

8x55'

205€  
/person

Pilates for 2

Package of 8 private  
pilates workouts for 2  
people. Lasting 1 month  
with specified time slots  
for your session.

### Personal appointments for pilates

40'

35€

Pilates intro

Private introductory class to  
pilates

55'

55€

Pilates personal

Private pilates class

4x55'

200€

Bundle of 4 workouts

Lasting 1 month with specified  
time slots for your session

8x55'

375€

Bundle of 8 workouts

Lasting 1 month with specified  
time slots for your session

Glyfada

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



+30 210 89 44 734

Activate your subscription  
and book your sessions

For iOS devices:



For Android devices:



+30 697 222 8994

FOR VOICE & TEXT, WHATSAPP, VIBER

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