



Reformer Pilates at ESPA at the Europe

Reformer Pilates is a fun approach to fitness. Where Pilates is reinvented into a cardio and strength training workout. 45 minutes on the state of the art reformer is all it takes to transform the way you look and feel.

Introductory offer for the month of June

10 x Reformer sessions €420

5 x reformer sessions €250

A 24 hour cancellation policy applies to all appointments booked.

For more details please contact the spa reception.