



Horario / Timetable myshape studio

desde/from 23/05/2017

Esther Agüero Carrasco

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Clases Semi-Privadas / Semi-Private Lessons

lugar/location	dia/day	clase/lesson	hora/hour	pers.	instructor
myshape Studio, Pedasi	lunes / monday	Pilates Reformer ***	09h00-10h00 am	max 4 ***	Esther
		Functional training	10h15-11h00 am	max 10	Esther
		Pilates Reformer ***	11h30-12h30 am	max 4 ***	Esther
	martes / tuesday	Zumba (extra charge)	09h00-10h00 am	max 10	Melanie
	miercoles / wednesday	Pilates Reformer ***	09h00-10h00 am	max 4 ***	Esther
		Yoga flow	10h15-11h15 am	max 10	Esther
		Pilates Reformer ***	11h30-12h30 am	max 4 ***	Esther
	viernes / friday	Zumba (extra charge)	09h00-10h00 am	max 10	Miel
	sabado / saturday	Pilates Reformer ***	11h00-12h00 am	max 4 ***	Esther
	domingo / sunday	no clase / no lesson			
Beach Club los Vientos ANDROMEDA Pedasi	sabado / saturday	Yoga all levels	09h00-10h15 am	max 10	Esther
Eco Venao "La Sala", Playa Venao	viernes / Friday	Yoga all levels	09h30-10h45 am	max 10	Esther

*** Esta clase requiere reserva / This lesson requires a reservation ***

Clases Privadas / Private Lessons

myshape Studio Pedasi	Individual training, sport specific training, professional evaluation	por acuerdo / by appointment
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Tratamientos / Treatments

myshape Studio Pedasi	Terapia celulitis diferenciada / Differentiated cellulite therapy SPM (suction pump massage) and Sonohandy	por acuerdo / by appointment
myshape Studio Pedasi	Envolturas corporales / Body Wrapping	por acuerdo / by appointment
myshape Studio Pedasi	Anti aging facial treatment SPM (suction pump massage) and Sonophoresis	por acuerdo / by appointment
myshape Studio Pedasi	Combinación de tratamiento corporal SPM & Envoltura corporal Combining paket body treatment SPM and Bodywrapping	por acuerdo / by appointment

Asesoramiento nutricional / Nutritional advice

myshape Studio Pedasi	2 sessions and preparation Re-Check	por acuerdo / by appointment
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**Gymnasio / Gymnastic****Monthly subscriptions**

myshape standard monthly subscription	includes Pilates Mat, Yoga, TRX Suspension, Metaball	USD 95.00 / monthly fee
myshape premium monthly subscription	Includes Pilates Mat, Yoga, TRX Suspension, Metaball <u>2 x per week Pilates Reformer/Cadillac</u>	USD 120.00 / monthly fee
myshape deluxe monthly subscription	Includes Pilates Mat, Yoga, TRX Suspension, Metaball <u>4 x per week Pilates Reformer/Cadillac</u> <u>1 Personaltraining or 1 Evaluation per month</u>	USD 199.00 / monthly fee

10 lessons subscriptions

myshape standard 10 lessons subscription	includes Pilates Mat, Yoga, TRX Suspension, Metaball	USD 110.00 / valid for 3 month
myshape premium 10 lessons subscription	Includes Pilates Mat, Yoga, TRX Suspension, Metaball, <u>Pilates Reformer/Cadillac</u>	USD 130.00 / valid for 3 month

1 single entry

myshape standard 1 single entry	includes Pilates Mat, Yoga, TRX Suspension, Metaball	USD 12.00
myshape premium 1 single entry	<u>Pilates Reformer/Cadillac</u>	USD 20.00

Personaltraining / Evaluation

myshape personaltraining:	individual training, sport specific training, professional evaluation	USD 65.00 / 1 lesson 60 min. USD 590.00 / package of 10 lessons
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Treatments

Differentiated cellulite therapy	includes SPM (suction pump massage) and Sonohandy	USD 65.00 / 1 treatment 75 min. USD 590.00 / package of 10 treatments
Body Wrapping / envolturas corporales	reduces fat and volume / activates the limphatic system	USD 45.00 / 1 treatment 60 min. USD 410.00 / package of 10 treatments
Anti Aging facial treatment	includes SPM (suction pump massage) and Sonsophoresis	USD 65.00 / 1 treatment 75 min. USD 590.00 / package of 10 treatments
Combining paket body treatment	includes SPM (suction pump massage), Sonohandy and Bodywrapping	USD 95.00 / 1 treatment 135 min. USD 860.00 / package of 10 treatments

Asesoramiento nutricional / Nutricional advice

2 sessions and preparation	USD 185.00 / 2 x 60 min.
Re-Check	USD 75.00 / 60 min.