



LA
BASTIDE
DU
MOURRE

Pamper yourself with a combination of sporting activities, wellness breaks at the Spa and personalised coaching during your stay.

Wellness moments

Every morning at 9am - Duration 1h

Monday - Pilates

Deep muscle strengthening.

Tuesday - Bootcamp

A dynamic practice that combines body strengthening and breath awareness to awaken energy, ground the body, and refocus the mind.

Wednesday - Pilates

Deep muscle strengthening.

Thursday - Hatha Yoga

A deep muscle strengthening session that awakens energy, grounds the body, and recenters the mind through movement and breath.

Friday - Cardio Box

Energy in motion to release tension, find your center, and experience renewed vitality.

Saturday - Hatha Yoga

A deep muscle strengthening session that awakens energy, grounds the body, and recenters the mind through movement and breath.

Sunday - Muscle Strengthening

Cardio training session to restore physical and mental balance.