



WEEKLY CLASSES

Mon 5:00PM | Dry Surf
6:15PM | Deep Stretching
7:30PM | Movement Unlimited-
Frame up

Tue 9:00AM | Dry Surf
10:00AM | Deep Stretching

Wed 5:45PM | Pilates
7:00PM | Deep Stretching
8:15PM | Movement Unlimited-
Freestyle Class

Thur 9:30AM | Pilates
5:00PM | Deep Stretching
6:15PM | Dry Surf
7:30PM | Movement Flow

Fri 8:30AM | Movement Flow
10:00AM | Deep Stretching

International Surfschool
C. Pizarro 38
35660 Corralejo

Booking +49 157 511 92 636
post@movementunlimited.de
Instagram: movement_unlimited_90
www.movementunlimited.de



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Drop-In

15€

Packages*

3 Classes 39€

5 Classes 60€

10 Classes 100€

*valid for one month

Monthly Passes*

1 Class per Week 35€

2 Class per Week 55€

Unlimited per Month 70€

*Minimum stay 6 month

PRICE REDUCTIONS

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CLASCLASLINE

Pilates *60min

English:

This class focuses on slow, precise movements with clear cues on what to pay attention to.

Themes rotate between Stability and Progression Flow, suitable for all levels. The goal is to build awareness of the deeper muscles and improve posture by creating more space in the body.

Espanol:

Esta clase ofrece movimientos lentos y precisos, con enfoque claro en la técnica.

Los temas varían entre Estabilidad y Flujo de Progresión. El objetivo es activar los músculos profundos y mejorar la postura.

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Thu 9:30AM

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CLASSES ONLINE

Dry Surf *60min

English:

Dry Surf is a land-based training method that replicates the mechanics of surfing. It targets core stability, balance, proprioception, and surf-specific movement patterns, helping you build the strength and control needed for optimal performance on the board.

Espanol:

Dry Surf es un método de entrenamiento en tierra que replica la mecánica del surf. Se enfoca en la estabilidad del core, el equilibrio, la propiocepción y los patrones de movimiento específicos del surf, ayudándote a desarrollar la fuerza y el control necesarios para un rendimiento óptimo sobre la tabla.

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Movement Unlimited- Freestyle Class *90min

English:

This is a highly physical improvisation dance class where you play with dynamics and functionality while constantly pushing your push limits.

We explore space, speed, and the environment around us to create new movements that become your personal dance language.

Espanol:

una clase de danza improvisada muy física, en la que juegas con la dinámica y la funcionalidad mientras constantemente llevas tus límites al máximo.

Exploramos el espacio, la velocidad y el entorno que nos rodea para crear nuevos movimientos que se convierten en tu propio lenguaje de danza.

Wed 8:15PM

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Movement Flow ^{*75min}

English:

Movement Flow is a full-body practice of fluid sequences that move through space, blending stretching, strength, and balance to develop mobility, coordination, and body awareness in a smooth, mindful flow.

Espanol:

Movement Flow es una práctica corporal completa con secuencias fluidas que se desplazan por el espacio, combinando estiramiento, fuerza y equilibrio para desarrollar movilidad, coordinación y conciencia corporal en un flujo suave y consciente.

Thu 7:30PM
Fri 8:30AM

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CLASSES ONLINE

Movement Unlimited- Frame up *75min

English:

Frame Up is a heels dance class that fuses floorwork, technique, and musicality. Explore your sensuality and style—sometimes sexy and smooth, sometimes bold and experimental—while moving with confidence and control. In heels, pumps, or barefoot, it's all about owning the space and expressing yourself.

Espanol:

Frame Up es una clase de baile en tacones que combina trabajo en el suelo, técnica y musicalidad. Explora tu sensualidad y estilo—a veces sexy y fluido, otras audaz y experimental—mientras te mueves con confianza y control. Con tacones, zapatos de salón o descalza, se trata de apoderarte del espacio y expresarte.

Mon 7:30PM

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Deep Stretching ^{*60min}

English:

This session builds sustainable flexibility through slow, technical work and long-held positions.

After a quick warm-up, muscles are activated and held in controlled stretches.

Espanol:

Esta sesión mejora la flexibilidad con trabajo técnico y posturas largas.

Tras un breve calentamiento, los músculos se activan y se mantienen en estiramientos controlados.

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