



RITUAL MOVES

GYROTONIC®

Gyrotonic® is a unique movement method that uses specialised equipment to guide your body through spiraling, circular motions, improving strength, flexibility, and coordination. It's ideal for enhancing overall physical performance and promoting a deep sense of alignment

Tryout	€22
Intro pick (3 sessions)	€105
Once off sessions	
60 minutes	€70
90 minute	€80
10 x card	
60 minute	€600
90 minute	€680
5 x card	
60 minute	€325

GYROKINESIS®

The Gyrokinesis Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences.

GROUP SESSIONS	
Tryout	
60 minutes	€16
90 minute	€18
Group of 5	
60 minutes	€25
90 minute	€30
Dancers	€15
10 x card (60 minute sessions)	€180
5 x card (60 minute sessions)	€100
PRIVATE SESSIONS	
60 minute	€60
90 minute	€70

PILATES

Pilates is exercise system that focuses on strengthening the core, improving flexibility, and enhancing body awareness. It's perfect for building overall strength and stability while promoting a balanced and aligned physique.

Tryout	
Private	€22
Group session	€16
Group of 5 (once off)	€25
10 x card	€180
5 x card	€100
Private reformer session	€60

+49 178 140 7272

www.ritualmoves.de