

Salento is  
Wellbeing  
with Style!

On the terrace of our Briganti Café & Rooftop Bar, in the historic center of Gallipoli, you can participate in a Pilates lesson with Emy, a professional Pilates teacher. A great opportunity for enjoying a moment of Wellbeing in Salento.

# Gallipoli Pilates & Aperitivo

Briganti Café with Rooftop Bar and sea view



*Enjoy a Pilates class with a professional teacher on our Rooftop Terrace in the old town of Gallipoli. Relax while admiring the sunset over the sea and sipping a fantastic Aperitif with local specialties.*



IN ONE CLASS PHYSICAL AND MENTAL WELL-BEING. Pull yourself together after a busy day of travel.

Pilates improves posture and balance, increases elasticity and tone of legs and buttocks, focus on abdomen, breath and concentration!

## Highlights / Includes

- Live Pilates teacher for 1-hour shared class on our Briganti Café terrace
  - Use of a Pilates mat
- Aperitivo “Inside Salento” include one alcoholic Aperitivo or one non-alcoholic drink or one centrifuge. You can choose at the Café one of four selections of local specialties (ingredients may vary depending on season):
1. Mixed Friselline salentine (mix of nine little durum Friselline)  
Cherry tomatoes and basil  
Tuna and rocket salad, cherry tomatoes  
Leccina olive paté and Santoro salami  
Santoro artichoke and Mortadella paté  
Farmer's Battuto and sun-dried courgettes  
Turnip greens pesto and pecorino cheese  
Sweet-and-sour onion and caciottina cheese of Lecce  
Salami paste  
Sun-dried tomatoes and grated cacioricotta cheese
  2. Capocollo pork of Martina Franca, local burratina cheese and sun-dried courgettes
  3. Prosciutto crudo ham of Murge, buffalo mozzarella, Altamura bread and Nardò artichokes
  4. VEGETARIAN: Frisa 'Briganti' (topped with cherry tomatoes, wild rocket, burratina of Andria, lampascioni onions, selvedge chicory, artichokes, Leccine olives)

**Price per person: Euro 40**

Reserve now & pay the day of tour!



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## Details

- Languages: Italian, English
- Duration: 2/2,30 hours
- Operates: **Thursday (May - October, August not available)**
- Starting Time: **6 pm** (6-7pm Pilates, afterwards Aperitivo)

## Not included in the price

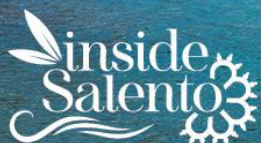
- Transfer to / from Gallipoli
- Anything not mentioned in "Highlights/Includes"

## Know before you go

- Min. 2, max. 15 participants
- Bring with you: comfortable cloth for Pilates
- The experience is not suitable for people with disabilities
- You can order extra other Salento specialties and exclusive desserts from the Rooftop Bar menu
- Private lessons on different days upon request (min. 2)
- Cancel free up to 48 hours in advance, after 100% of total amount is due
- Payment on arrival

**Book Now!** Contact us at [experience@insidesalento.com](mailto:experience@insidesalento.com)

Please indicate your full name, indicate " Pilates & Aperitivo", tour date (Thursday), your Hotel name, total adults, mobile phone number including country code preceded by +, email address. Meeting point comes with Booking confirmation.



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