

MINTHIS Spa

DAILY SCHEDULE OF FITNESS ACTIVITIES

The Spa offers a **state-of-the-art gym** with the latest Life Fitness equipment which is also available to resort guests.

MONDAY	Stretch and Relax 8:00 - 9:00	Pilates Flow 11:00 - 11:45	HIIT 17:30 - 18:15
TUESDAY	Glutes and Abs 8:00 - 8:45	Cross Training 16:30 - 17:15	Stretch & Tone 17:30 - 18:15
WEDNESDAY	HIIT 8:00 - 8:45	Aqua Workout 9:00 - 9:45	
THURSDAY	Stretch and Relax 8:00 - 9:00	Glutes and Abs 16:30 - 17:15	Yoga Class 18:00 - 19:00
FRIDAY	Cross Training 9:00 - 9:45	Pilates Flow 12:00 - 12:45	
SATURDAY	Glutes and Abs 12:30 - 13:15	Stretch & Relax 17:00 - 17:45	Yoga Class 18:00 - 19:00
SUNDAY	Yoga Class 7:00 - 8:00	Functional Training 16:00 - 16:45	Sunday Stretching 17:00 - 17:45

NOTES

Cost of €20 per person, per session.

Reservations are required, please contact the Spa reception by dialing extension 299 from your Suite.

Personal training sessions are also available at an additional charge.

Cancellation policy: A minimum of 2 hrs cancellation notice is required, prior to each session. In case of no-show or failure to cancel your session on time, then a 50% of the applicable fee will be charged.