

# 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.

<b>MONDAY</b>	Stretch and Tone 8:00 - 8:45	Pilates Flow 11:00 - 11:45	HIIT 17:30 - 18:15
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<b>TUESDAY</b>	Glutes and Abs 8:00 - 8:45	Cross Training 16:30 - 17:15	Stretch & Tone 17:30 - 18:15
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<b>WEDNESDAY</b>	Yoga Class 8:00 - 9:00	Aqua Workout 9:00 - 9:45	Pilates 17.30-18.15
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<b>THURSDAY</b>	HIIT 8:00 - 8:45	Glutes and Abs 16:30 - 17:15	Stretch and Tone 18.00-18.45
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<b>FRIDAY</b>	Yoga Class 8:00 - 9:00	Cross Training 9:15 - 10:00	Pilates Flow 12:30 - 13:15
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<b>SATURDAY</b>	Glutes and Abs 12:30 - 13:15	Stretch & Tone 17:00 - 17:45	Yoga Class 18:00 - 19:00
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<b>SUNDAY</b>	Sunday Streching 8:00 - 8:45	Functional Training 16:00 - 16:45	
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### 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.