

# 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 Tone  
8:00 - 8:45

Pilates Flow  
11:00 - 11:45

HIIT  
17:00 - 17:45

### TUESDAY

Glutes and Abs  
8:00 - 8:45

Cross Training  
16:30 - 17:15

Stretch & Tone  
17:30 - 18:15

### WEDNESDAY

Yoga Class  
8:00 - 9:00

Aqua Workout  
9:00 - 9:45

Pilates  
17:00 - 17:45

### THURSDAY

HIIT  
8:00 - 8:45

Glutes and Abs  
16:30 - 17:15

Stretch and Tone  
17:30-18:15

### FRIDAY

Yoga Class  
8:00 - 9:00

Cross Training  
9:15 - 10:00

Pilates Flow  
12:00 - 12:45

### SATURDAY

Glutes and Abs  
12:30 - 13:15

Stretch & Tone  
17:00 - 17:45

### SUNDAY

Sunday Streching  
8:00 - 8:45

Functional Training  
16:00 - 16:45

### 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.