

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	Yoga 9:15 - 10:15	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 8:00 - 9:00	Aqua Workout 8:00 - 8:45	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	Cross Training 8:00 - 8:45	Pilates 12:30 - 13:15	Yoga 17:30 - 18:30
SATURDAY	Energy Movement and Sound Bath Meditation 10.30 - 11.30	Glutes and Abs 12:30 - 13:15	Stretch and 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.