

# 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

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**TUESDAY**    Glutes and Abs  
8:00 - 8:45    |    Cross Training  
16:30 - 17:15    |    Stretch & Tone  
17:30 - 18:15

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**WEDNESDAY**    Aqua Workout  
8:00 - 8:45    |    Pilates  
17:00 - 17:45

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**THURSDAY**    HIIT  
8:00 - 8:45    |    Glutes and Abs  
16:30 - 17:15    |    Stretch and Tone  
17.30 - 18.15

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**FRIDAY**    Cross Training  
8:00 - 8:45    |    Pilates  
12:30 - 13:15    |    Yoga  
17:30 - 18:30

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**SATURDAY**    Mobility  
10.30 - 11.15    |    Glutes and Abs  
12:30 - 13:15    |    Stretch and Tone  
17:00 - 17:45

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**SUNDAY**    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.