

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 8:00 - 9:00	Pilates Flow 11:00 - 11:45	Glutes and Abs 15:00 - 15:45	
TUESDAY	HIIT 8:00 - 8:45	Stretch & Tone 9:30 - 10:15		
WEDNESDAY	HIIT 8:00 - 8:45	Glutes and Abs 11:00 - 11:45	Les Mills Bodypump 12:30 - 13:30	Pilates Flow 17:00 - 17:45
THURSDAY	Core Conditioning 12:45 - 13:30	HIIT 15:00 - 15:45	Functional 17:00 - 17:45	
FRIDAY	Pilates Flow 12:00 - 12:45	Les Mills Bodypump 16:00 - 17:00	Yoga 17:30 - 18:30	
SATURDAY	Mobility 9.30 - 10.15	Stretch and Tone 11.00 - 11.45	Functional 12:30 - 13:15	
SUNDAY	Sunday Stretching 12:00 - 12:45	Mobility 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.

Outdoor sessions are subject to weather conditions.