

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	Les Mills Bodypump 15:00 - 16:00
TUESDAY	HIIT 8:00 - 8:45	Stretch & Tone 9:30 - 10:15	
WEDNESDAY	Glutes and Abs 11:00 - 11:45	Les Mills Bodypump 12:30 - 13:30	Pilates Flow 17:00 - 17:45
THURSDAY	HIIT 8:00 - 08:45	Core Conditioning 12:45 - 13:30	Functional 15:00 - 15:45
FRIDAY	Pilates Flow 12:00 - 12:45	Yoga 17:30 - 18:30	
SATURDAY	Mobility 8.30 - 9.15	Stretch and Tone 11.00 - 11.45	Functional 14:00 - 14:45
SUNDAY	Sunday Stretching 11:15 - 12:00	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.

The above schedule is subject to change without notice.