

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 17:00 - 17:45
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TUESDAY

Bootcamp 8:00 - 8:45	Stretch 9:30 - 10:15	Calisthenics 17:30 - 18:15
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WEDNESDAY

Glutes and Abs 10:00 - 10:45	Express Abs (complimentary) 12:30 - 12:50	Pilates Flow 17:00 - 17:45
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THURSDAY

Mobility 8:00 - 08:45	Express Glutes (complimentary) 12:30 - 12:50	Les Mills Bodypump 17:00 - 17:45
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FRIDAY

Pilates Flow 12:00 - 12:45	Yoga 17:00 - 18:00	Calisthenics 18:00 - 18:45
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SATURDAY

Mobility 8:30 - 9:15	Stretch and Tone 11:15 - 12:00	Les Mills Bodypump 15:00 - 15:45
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SUNDAY

Express Arms (complimentary) 9:00 - 9:20	Sunday Stretch 11:00 - 11:45	Mobility 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.

Outdoor sessions are subject to weather conditions.

The above schedule is subject to change without notice.