

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
TUESDAY	Bootcamp 8:00 - 8:45	Stretch 9:30 - 10:15	Les Mills Bodypump 15:30 - 16:15
WEDNESDAY	Glutes and Abs 10:00 - 10:45	Express Abs (complimentary) 12:30 - 12:50	Pilates Flow 17:00 - 17:45
THURSDAY	Les Mills Bodypump 8:00 - 08:45	Mobility 11:00 - 11:45	
FRIDAY	Pilates Flow 12:00 - 12:45	Yoga 17:00 - 18:00	Calisthenics 18:15 - 19:00
SATURDAY	Mobility 10:00 - 10:45	Stretch and Tone 11:15 - 12:00	Les Mills Bodypump 15:00 - 15:45
SUNDAY	Sunday Stretch 10:45 - 11:30	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.