

# 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	Pilates Sculpt 18:00 - 18:45	
WEDNESDAY	Aqua Tone 9:00 - 9:45	Glutes and Abs 11:00 - 11:45	Pilates Flow 17:00 - 17:45	
THURSDAY	Les Mills Bodypump 8:00 - 08:45	Mobility Flow 11:00 - 11:45	Total Body Workout 18:00 - 18:45	
FRIDAY	Swim Fit 8:00 - 08:45	Pilates Flow 12:00 - 12:45	Yoga 17:00 - 18:00	Calisthenics 18:15 - 19:00
SATURDAY	Mobility Flow 10:00 - 10:45	Stretch and Tone 11:15 - 12:00	Pilates Sculpt 18:00 - 18:45	
SUNDAY	Sunday Stretch 10:45 - 11:30	Mobility Flow 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.