

MINTHIS

DAILY SCHEDULE OF FITNESS ACTIVITIES

A curated programme of wellness and fitness activities designed to promote an active and balanced lifestyle. Classes are available throughout the week.

	TIME	FITNESS PROGRAMME	VENUE
MONDAY	8:00-9:00	Yoga*	Green Lawn at Bar-M
	10:00-11:00	Golferobics	Driving Range
	11:00-11:45	Pilates Flow	Spa Fitness Studio
	17:00-18:00	Les Mills Bodypump	Spa Fitness Studio
TUESDAY	8:00-8:45	Bootcamp	Spa Fitness Studio
	9:30-10:15	Stretch	Spa Fitness Studio
	18:00-18:45	Pilates Sculpt	Green Lawn at Bar-M
WEDNESDAY	8:00-8:45	Run Club*	Spa Reception
	9:00-9:45	Aqua Tone	Spa Indoor Pool
	11:00-11:45	Glutes And Abs	Spa Fitness Studio
	17:00-17:45	Pilates Flow	Spa Fitness Studio
THURSDAY	8:00-9:00	Les Mills Bodypump	Spa Fitness Studio
	10:00-11:00	Golferobics	Driving Range
	11:00-11:45	Mobility Flow	Spa Fitness Studio
	18:00-18:45	Total Body Workout	Spa Fitness Studio
FRIDAY	8:00-8:45	Swim Fit	Spa Indoor Pool
	12:00-12:45	Pilates Flow	Spa Fitness Studio
	17:00-18:00	Yoga	Spa Fitness Studio
	18:30-19:15	TABATA	Green Lawn at Bar-M
SATURDAY	8:00-8:45	Run Club*	Spa Reception
	10:00-10:45	Mobility Flow	Spa Fitness Studio
	11:15-12:00	Stretch And Tone	Spa Fitness Studio
	17:00-17:45	Pilates Sculpt	Green Lawn at Bar-M
SUNDAY	10:00-11:00	Golferobics	Driving Range
	10:45-11:30	Sunday Stretch*	Green Lawn At Bar-M
	16:00-16:45	Mobility Flow	Spa Fitness Studio

3D Body Scan Available: Gain valuable insight into your wellbeing with a comprehensive body analysis, including body fat, water content, posture, balance, BMI, full body measurements, and key areas of concern. **Price €40.00**

Personal Training & Wellness Experiences: Discover a curated selection of personalised fitness and wellbeing experiences at Minthis. Choose from Pilates Reformer, swimming, boxing, golf, yoga, or allow us to create a bespoke programme tailored exclusively to your individual goals and lifestyle.

NOTES

- All above fitness activities are complimentary for Minthis Spa Members (excl. Golferobics)
- Activities marked with an asterisk (*) are complimentary for Minthis Suite Guests and Minthis Residents.
- Cost: €20 per person, per session
- Reservations are required. In-house guests may contact the Spa Reception by dialing extension 299 from their suite. External guests may call +357 26 842299 to make a reservation.
- Cancellation Policy: A minimum of 2 hours' notice is required prior to each session. In the event of a no-show or late cancellation, 100% of the applicable fee will be charged.
- Outdoor sessions are subject to weather conditions.
- Schedule subject to change without prior notice.