

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 11:00-11:45 17:00-18:00	Yoga Pilates Les Mills Bodypump	Outdoor Area Spa Fitness Studio Spa Fitness Studio
TUESDAY	8:00-8:45 9:30-10:15 17:00-17:45	Total Body Workout Stretch and Mobility Pilates	Spa Fitness Studio Spa Fitness Studio Spa Fitness Studio
WEDNESDAY	8:00-8:45 11:00-11:45 17:00-17:45	Strength and Conditioning Glutes And Abs Pilates	Outdoor Area Spa Fitness Studio Spa Fitness Studio
THURSDAY	8:00-9:00 11:00-11:45 17:00-17:45	Les Mills Bodypump Stretch and Mobility Total Body Workout	Spa Fitness Studio Spa Fitness Studio Spa Fitness Studio
FRIDAY	8:00-8:45 12:00-12:45 17:00-18:00 18:15-19:00	Swim Fit Pilates Yoga Total Body Workout	Spa Indoor Pool Spa Fitness Studio Spa Fitness Studio Spa Fitness Studio
SATURDAY	8:00-8:45 12:00-12:45 16:00-16:45	Run Club * Pilates Stretch And Mobility	Spa Reception Spa Fitness Studio Spa Fitness Studio
SUNDAY	10:45-11:30 16:00-16:45	Sunday Stretch * Mobility Flow	Outdoor Area 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, boxercise, 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.
- 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.
- Please meet at the Spa Reception 5 minutes before the start of outdoor sessions as these sessions are subject to weather conditions.
- Schedule subject to change without prior notice.