# 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* | Outdoor Area |
| | 11:00-11:45 | Pilates | Spa Fitness Studio |
| | 17:00-18:00 | Les Mills Bodypump | Spa Fitness Studio |
| TUESDAY | 8:00-8:45 | Total Body Workout | Spa Fitness Studio |
| | 9:30-10:15 | Stretch and Mobility | Spa Fitness Studio |
| WEDNESDAY | 8:00-8:45 | Strength and Conditioning | Spa Reception |
| | 11:00-11:45 | Glutes And Abs | Spa Fitness Studio |
| | 17:00-17:45 | Pilates | Spa Fitness Studio |
| THURSDAY | 8:00-9:00 | Les Mills Bodypump | Spa Fitness Studio |
| | 11:00-11:45 | Stretch and Mobility | Spa Fitness Studio |
| FRIDAY | 8:00-8:45 | Swim Fit | Spa Indoor Pool |
| | 12:00-12:45 | Pilates | Spa Fitness Studio |
| | 17:00-18:00 | Yoga | Spa Fitness Studio |
| | 18:15-19:00 | Total Body Workout | Spa Fitness Studio |
| SATURDAY | 11:00-11:45 | Pilates | Spa Fitness Studio |
| | 16:00-16:45 | Stretch And Mobility | Spa Fitness Studio |
| SUNDAY | 10:45-11:30 | Sunday Stretch * | Outdoor Area |
| | 16:00-16:45 | Strech and Mobility | 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, 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 thesesessions are subject to weather conditions
- Schedule subject to change without prior notice.