

## Fitness Schedule 28<sup>th</sup> of April – 4<sup>th</sup> of May

### Monday

**11:00** Stretchilates @ Almyra (30min)

**15:00** Abs & Legs @ Almyra(30min)

### Wednesday

**08:00** Complimentary Morning Run @ Almyra(5km)

**10:00** Pilates @ Almyra (45min)

**12:00** Yoga @ Annabelle (60min)

**13:00** Swim Workout @ Almyra(45min)

**15:00** Stretch & Mobility @ Almyra (30min)

### Thursday

**08:30** Sound Bath Meditation @ Almyra(60min)

**13:00** Pilates @ Almyra (45min)

### Friday

**08:30** Yoga @ Almyra (60min)

**09:00** Dynamic Yoga Flow @ Annabelle (45min)

**12:00** Sound Bath Meditation @ Annabelle (60min)

### Saturday

**13:00** Pilates @ Almyra (45min)

30min classes €10.00 per session per person, 45min classes €15.00 per session per person **24 hours Pre-booking required** at the spa reception.

Personal Training 1 hour €60. Private Tennis Coaching 1 hour €60 euro All Classes require a minimum of 2 people to be performed.

Meeting point: Spa reception. Opening hours 8:00- 20:00

\*Yoga and Sound Bath Meditation €20.00 per session per person,48 hours pre-booking required.