

# 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  
9:15 - 10:15    |    Pilates Flow  
11:00 - 11:45    |    HIIT  
17:00 - 17:45

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**TUESDAY**    Glutes and Abs  
8:00 - 8:45    |    Cross Training  
16:30 - 17:15    |    Stretch & Tone  
17:30 - 18:15

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**WEDNESDAY**    Aqua Workout  
8:00 - 8:45    |    Pilates  
17:00 - 17:45

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**THURSDAY**    HIIT  
8:00 - 8:45    |    Glutes and Abs  
16:30 - 17:15    |    Stretch and Tone  
17.30 - 18.15

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**FRIDAY**    Cross Training  
8:00 - 8:45    |    Pilates  
12:30 - 13:15    |    Yoga  
17:30 - 18:30

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**SATURDAY**    Mobility  
10.30 - 11.15    |    Glutes and Abs  
12:30 - 13:15    |    Stretch and Tone  
17:00 - 17:45

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**SUNDAY**    Sunday Stretching  
8:00 - 8:45    |    Functional Training  
16:00 - 16:45

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