

## Almyraspa Fitness Timetable

### 21<sup>st</sup> June – 27<sup>th</sup> 2021

	08:30		
MONDAY	<b>YOGA (1 hour)</b>		
		17:00	18:00
FRIDAY		<b>Aqua Tone (45 minutes)</b>	<b>Pilates (45 minutes)</b>
			18:00
SATURDAY			<b>YOGALATES (45 min)</b>
	09:00		
SUNDAY	<b>Aqua Tone (45 minutes)</b>		

**All classes €10.00 per session per person**

**Pre-booking required at the spa reception**

**Personal Training 1 hour €50**

**Private Tennis Coaching 1 hour €50 euro**

**All activities begin at Almyraspa reception.**

**All Classes require minimum of 2 people to proceed**

**One person for each class €25 per session**