

# Almyraspa Fitness Timetable

**4<sup>th</sup> April – 9<sup>th</sup> April 2017**

	11:00	
<b>TUESDAY</b>	Yoga (1 hour)	
	11:00	12:00
<b>THURSDAY</b>	Yoga (1hour)	Aqua Aerobics (45min)
	11:00	12:00
<b>FRIDAY</b>	Yoga (1hour)	Stretch and relax (45min)
	11:00	12:00
<b>SATURDAY</b>	Yoga (1hour)	Core conditioning (45min)
	11:00	12:00
<b>SUNDAY</b>	Core conditioning (45min)	Stretch and relax (45min)

**All classes €10.00 per session**

**(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.**

**Aqua tone requires minimum of 2 people to proceed.**