



Thalassa Spa Fitness Programme

Fitness Timetable 28th August – 3 September 2023
Group Sessions

MONDAY		16:30 – 17:15 WATER WORKOUT
TUESDAY	08:00 – 08:30 COMPLIMENTARY KIDS' TENNIS 09:30 – 10:30 YOGA	16:30 – 17:15 DEEP DYNAMIC STRETCH
THURSDAY	08:00 – 8:30 COMPLIMENTARY ADULTS' TENNIS 08:00 – 09:00 YOGA	16:30 – 17:15 WATER WORKOUT
FRIDAY		16:30 – 17:15 FAB-FUNCTIONAL FITNESS
SATURDAY		16:30 – 17:15 WATER WORKOUT

Please contact Spa reception to make your reservation. Pre-bookings are essential 24hrs in advance. **€35.00 per person per class.**

Cancellation Policy; As a courtesy to other guests, please give us at least 4 hours' notice if you must cancel an appointment. Please note that there is a cancellation fee of 50%.