



## Thalassa Spa Fitness Programme

**Fitness Timetable 11<sup>th</sup> – 17<sup>th</sup> June**

	10:30	16:00	16:30
MONDAY	<b>Group Pilates (60min)</b>	<b>Core Condition (45min)</b>	<b>Group Yoga (60min)</b>
	10:30	16:00	18:00
TUESDAY	<b>Group Yoga (60min)</b>	<b>Tabata HIIT (30min)</b>	<b>Circuit Training (45min)</b>
	10:00	12:00	16:00
WEDNESDAY	<b>Group Yoga (60min)</b>	<b>Group Pilates (60min)</b>	<b>Tabata HIIT (30min)</b>
	09:00		
FRIDAY	<b>Group Yoga (60min)</b>		
	10.30		
SATURDAY	<b>Group Yoga (60min)</b>		

Please contact Spa reception to make your reservation –Pre-bookings are essential 24hrs in advance. **€20.00 per person per class**