

## AlmyraSpa Fitness Timetable

	10:30	11:30	15:00	16:00
MONDAY	YOGA (1 hour)	Abs- legs (30 minutes)	Aqua Tone (45 minutes)	Pilates (45 minutes)
	09:00	11:00	14:00	15:00
TUESDAY	YOGALATES (1 hour)	Abs- legs (30 minutes)	Aqua Tone (45 minutes)	Stretch and Relax (30 minutes)
	10:30		14:00	15:00
WEDNESDAY	YOGA (1 hour)		Pilates Ring (45 minutes)	Total Body Workout (45 minutes)
		16:00	17:00	18:00
FRIDAY		Pilates (45 minutes)	Abs- legs (30 minutes)	Tabata (30 minutes)
	10:30		14:00	15:00
SATURDAY	YOGA (1 hour)		Pilates Fitball (45 minutes)	Tabata (30 minutes)
	08:30		14:00	15:00
SUNDAY	YOGALATES (1 hour)		Aqua Tone (45 minutes)	Stretch and Relax (30 minutes)

All classes are €10.00 per person per session (complimentary for Puurenkuur guests when pre-booking a spa package!)

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

All activities begin at AlmyraSpa reception.  
All Classes require minimum of 2 people to proceed.