




Mind & Body Fitness Class Schedule

	8:00AM	8:45AM	9:30AM	10:30AM	4:30PM	5:15PM
MONDAY		Yoga (75mins) with Vanessa				Muay Thai (45mins) with Andreas
TUESDAY		Legs, Bums & Abs (45mins) with Agnes	Mind Power Awakening (45mins) with Mira		Pilates (45mins) with Agnes	
WEDNESDAY		Gym Sticks (45mins) with Agnes	Body & Soul (45mins) with Agnes			
THURSDAY						Gym Sticks (45mins) with Agnes
FRIDAY			Mind Power Awakening (45mins) with Mira	Yoga (75mins) with Vanessa	Shift & Lift (45mins) with Agnes	Muay Thai (45 mins) with Andreas
SATURDAY		Interval Training (45mins) with Agnes			Pilates (45mins) with Agnes	

Class Descriptions:

Body & Soul: Combination of Yoga poses, stretching and core exercises to relaxing music, improving blood circulation, clearing the mind and relaxing the body. (min 2 people)

Interval Training: Full body workout, using different equipment or bodyweight, applying intervals.

It boosts your metabolism, strengthens and defines the muscles and improves endurance. (min 2 people)

Legs, Bums, Abs: Exercises for legs, bums, abs, mostly with bodyweight, shaping and toning the muscles. (min 2 people)

Shift & Lift: Combination of cardio and strength exercises, keeping the heart rate high, using free weight and body weight. It boosts your metabolism, strengthens and defines the muscles and improves endurance. (min 2 people)

Yoga: Improve energy, suppleness & strength. Stretch & tone all the muscles in your body (min 3 people)

Zumba: Fun and effective, workout without feeling it; combines Latin and International music with a fun and effective workout system. Anyone can Join the Party!

Gymstick When using the Gymstick, the whole body is actively involved even though the focus maybe on a specific muscle group. The hands and feet are connected and due to the angle and line of pull from the bands this facilitates optimal efficient joint positioning. The Gymstick challenges balance by changing the forces on the body and will effectively encourage greater synergy of muscle action for a great all over body workout.

Pilates: This class will help participants develop leaner, longer-looking muscles, establish core strength and stability, and heighten mind-body awareness.

Muay Thai: This cardio-based workout focuses on the fitness and conditioning aspect of Muay Thai martial arts. It combines 45 minutes of high intensity training drills, Thai pad drills, and working on kicking drills. The workout is fun, safe, challenging and accommodates all levels of fitness.

Mind Power Awakening: A deep relaxation class with a strong focus on tapping into the subconscious mind and using its potential for empowering you to achieve your goals and alter limiting beliefs which may no longer benefit your well being and self development.

45 minutes class: €7.00

Yoga 75 minutes: €15.00

Please contact Spa Reception on 26 828 100 to book your place at least 1 day in advance