

Step in the calm haven of our Spas and Wellness Centres. Professional care is provided to help you unwind and leave all your cares behind. Our fully appointed Sports Centres will help you keep fit during your holidays with up-to-date equipment and professional instruction.

	Royal Palm	Dinarobin	Paradis	TAB	Shandrani	Le Victoria	Le Canonnier	Le Mauricia
GYMNASIUM ON THE PREMISES	yes	yes	yes	yes	yes	yes	-	yes
Opening hours : - From	7 a.m.	7.30 a.m.	7.30 a.m.	7.30 a.m.	9 a.m.	7.30 a.m.		7.30 a.m.
- To	9 p.m.	8 p.m.	7.30 p.m.	8 p.m.	7.30 p.m.	8 p.m.		7.30 p.m.
Instructor (s)	yes	yes	yes	yes	yes	yes	yes **	yes
Personal training (per hour in euros)	100	65	65	50	50	50	-	-
Personal training Pilates (per hour)	100	-	-	-	-	55	-	-
Free courses of :								
- ABS/BUM	-	yes	yes	yes	yes	yes	yes **	yes
- Aerobics	-	yes *	yes	-	yes	-	-	-
- Aqua gym	-	yes	yes	yes	yes	yes	yes	yes
- Aqua Zumba	-	-	yes	yes	-	yes	-	-
- Zumba & Body Sculpt	-	-	yes	yes	-	-	-	-
- Body Max	-	-	-	-	-	yes	-	-
- Body shape	-	-	yes	yes	-	yes	yes **	yes
- Circuit training	-	yes	yes	yes	-	yes	yes **	yes
- Yoga	-	yes	-	yes	-	yes	yes	-
- Spinning	-	-	yes	yes	-	yes ***	-	-
- Stability ball	-	yes	yes	yes	-	yes	-	-
- Step	-	-	yes	yes	-	yes	yes **	yes
- Stretching	-	yes	yes	yes	yes	yes	yes	yes
- Power Plate	yes	-	-	-	-	-	-	-
- Vibro training	-	yes	-	-	-	-	-	-
- Machine & weight training	yes	yes	yes	yes	yes	yes	yes **	yes
- Cardio training	yes	yes	yes	yes	yes	yes	yes **	yes
- Jogging	-	-	-	-	-	yes	-	-
Paying courses (in euros) :								
- Yoga	100	95	95	65	-	40	-	-
- Aqua gym	100	-	-	-	-	-	-	-
- Spinning	-	-	-	-	-	15	-	-
- Power Plate	65	-	-	-	-	20	-	10
- Kinesis	100	-	-	-	-	-	-	-
- Stretching	100	-	-	-	-	-	-	-
- Vibro Training	-	23	-	-	-	-	-	-
- Tai Chi	-	-	-	65	-	-	-	-
- Smart stretch	-	-	25	-	-	-	-	-
- Pilates Mat & Ball	-	-	65	-	-	-	-	-
- Qi-Gong	100	-	-	65	-	-	-	-
- Hatha yoga (collective course)	-	20	20	-	-	-	-	-
- Padle yoga (collective course - max 6pax)	-	-	20	-	-	-	-	-
Free facilities :								
- Sauna	-	yes	yes	-	yes	yes	yes **	yes
- Hammam	yes	yes	yes	yes	-	yes	yes **	yes
SPA	yes	yes	yes	yes	yes	-	-	-
WELLNESS CENTRE	-	-	-	-	-	yes	yes	yes
Opening hours : - From	8.30 a.m.	9 a.m.	9 a.m.	9 a.m.	9 a.m.	1 p.m.	9 a.m.	9 a.m.
- To	8 p.m.	8 p.m.	8 p.m.	8 p.m.	8 p.m.	8 p.m.	8 p.m.	7.30 p.m.
Facilities reserved for Spa/Wellness Centre clients:								
- Hammam	yes	yes	yes	yes	yes	yes	-	yes
- Sauna	yes	yes	yes	yes	yes	yes	-	yes
- Relaxation pool	yes	yes	yes	yes	yes	-	-	yes
- Changing rooms	yes	yes	yes	yes	yes	yes	-	yes
- Showers	yes	yes	yes	yes	yes	yes	yes	yes
Paying facilities :								
- Algototherapy	-	-	yes	-	-	-	-	-
- Balneotherapy	-	-	yes	yes	-	-	-	-
- Ayurvedic	yes	yes	-	-	yes	-	-	yes
- Massage	yes	yes	yes	yes	yes	yes	yes	yes
- Massage on the Beach	-	-	-	-	-	yes	-	-
- Hydro bath	-	-	yes	yes	-	-	-	-
- Hairdresser	yes	yes	yes	yes	yes	yes (on call)	yes	-
- Beauty care	yes	yes	yes	yes	yes	yes	yes	-
- Hydrotherapy (Vichy Shower)	yes	-	yes	yes	-	-	-	-
- Meditation	yes	-	-	-	-	-	-	-
- Yoga	yes	yes	yes	-	-	-	-	-

yes * Courses available at PARADIS (personal training at DINAROBIN)

yes ** Health & Fitness facilities available at LE MAURICIA

yes *** Once a week