

HEALTH / FITNESS & SPA

Validity : 01/11/2016- 31/10/2017 (Euros)

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All information & rates in this document are subject to changes.

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

GYMNASIUM

Opening hours :- From	7 a.m.
- To	7 p.m.
Gym Instructor (s)	yes
FREE COURSES :-	
ABS/BUM	yes
Machine & weight training	yes
Cardio training	yes
FREE FACILITIES	
Stability Ball	yes
Hamam	yes
Sauna	yes
Yoga (2 sessions per week)	yes
PAYING COURSES	
Yoga (€ per hr)	40

SPA

Opening hours :- From	10 a.m.
- To	7.30 p.m.
FREE FACILITIES	
Hamam	yes
Sauna	yes
Relaxation pool	yes
Changing rooms	yes
Showers	yes
PAYING FACILITIES	
Massages	yes
Hairdresser	yes
Beauty care	yes
Ayurvedic	yes