Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00	**Yoga Flow** 45' ●	**Waves Yoga Flow** 45' ●	**Yoga Flow** 45' ●	**Waves Yoga Flow** 45' ●	Sound Yoga con Gianluca Rando 45'	**Yoga flow** 45' ●	**Yoga Flow** 45' ●
11:00	**Pilates Foundations** 45` *(No Equipment)*	**Pilates Foundations** 45` *(No Equipment)*	**Pilates Control** 45' *(Mini Band)*	**Pilates Foundations** 45` *(No Equipment)*	Pilates Balance 45' *(Fitball)*	**Pilates Foundations** 45` *(No Equipment)*	
16:30	**Pilates Foundations** 45` *(No Equipment)*	**Pilates Stability** 45' *(Soft Ball)*	**Pilates Foundations** 45` *(No Equipment)*	**Pilates Precision** 45' *(Magic Circle)*	**Pilates Foundations** 45` *(No Equipment)*	**Pilates Strength** 45' *(Weights)*	
18:15	**Sunset Yoga*** 45'	**Sunset Yoga*** 45'	**Sunset Yoga*** 45'	**Sunset Yoga*** 45'	**Sunset Yoga*** 45'	**Sunset Yoga*** 45'	

In addition to our group classes, our instructors are also available for **private one-to-one sessions**.
To book a private session or enquire about the applicable rates, please contact the **Spa Reception at extension 801**.

Complimentary Activities

*Schedule subject to change.
All classes listed in the programme are **group activities** and are subject to a per-person fee, with the exception of those marked with the designated **Complimentary** symbol.
Please note that a class already scheduled in the programme **cannot be made private at the same time**.
Should you wish to enjoy privately one of the activities included in the programme, an **alternative time slot**, different from the scheduled class, may be arranged, subject to instructor availability and the applicable private-session rate.
All private activities are **subject to availability and must be confirmed in advance**.

Rates for activities not included in the stay

- **Private Pilates:** €70 per person
- **Group Pilates:** €40 per person
- **Private Sound Yoga:** €70 per person **Group Sound Yoga:** €40 per person