



MITSIS  
ROYAL MARE

# Wellness Activities Programme

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 – 09:00	Yoga	Circuit Training	Yoga	Pilates Mat	Yoga	Circuit Training	Yoga
09:00 – 10:00	Circuit Training	Pilates Mat	Circuit Training	Stretching Mobility	Circuit Training	Pilates Mat	Circuit Training
10:00 – 11:00	Pilates Mat	Yoga	Stretching Mobility	Circuit Training	Stretching Mobility	Yoga	Stretching Mobility
11:00 – 12:00	Aqua Fitness*	Aqua Fitness*	Aqua Fitness*	Aqua Fitness*	Aqua Fitness*	Aqua Fitness*	Aqua Fitness*
12:00 – 13:00	Beach Volley**	Abs & Glutes	Beach Volley**	Abs & Glutes	Beach Volley**	Abs & Glutes	Beach Volley**
16:00 – 17:00	Pilates Mat	Beach Volley**	Circuit Training	Beach Volley**	Pilates Mat	Circuit Training	Pilates Mat
17:00 – 18:00	Circuit Training	Pilates Mat	Yoga	Pilates Mat	Circuit Training	Yoga	Circuit Training

**Aquafitness\*:** Main Pool (next to pool bar Delfinia)

**Beach Volley\*\*:** Beach Volley Games take place right next to the playground

**All gym classes exclusively take place in the fitness area located beneath the Thalasso & Spa Center**