



GYM PROGRAMM

Monday

- Pilates | 09.00 - 10.00
- Total Body | 16.30 - 17.00

Tuesday

- Aqua Gym | 11.30 - 12.00
- Stretching | 16.30 - 17.00

Wednesday

- Pilates | 09.00 - 10.00
- Tumbao (Latin) | 16.30 - 17.00

Thursday

- Pilates | 09.00 - 10.00
- Total Body | 16.30 - 17.00

Friday

- Aqua Gym | 11.30 - 12.00
- Yoga | 16.30 - 17.00

Saturday

- Stretching | 09.00 - 10.00
- Yoga | 16.30 - 17.00

No booking required or charges apply.



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BEACH RESORT RHODES

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