



### Time frames of Operation

**Monday to Sunday, including holidays,  
6 am to 11 p.m.**

**24 hrs access for hotel guests.**

### A New Concept for you...

Located in the lobby of the hotel, accessible via the second floor.

Our health club facilities offer cardiovascular, strength and tutorial classes; among the services that we offer are individual male and female changing rooms; steam rooms, Jacuzzi, sauna, showers, relaxation areas, and outdoor heated swimming pool.

The services we offer are; tutorial, massage, physical assessments and fitness routines assisted by personal trainers.

Hotel guests have free access to the gym, additionally we offer membership plans for those customers who want to enjoy our facilities.

### Nao Class Shedules

Shedules	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 - 12:00		Kik Boxing	Stretching	Kik Boxing	Stretching
12:30 - 13:30	Aquaerobics		Aquaerobics		Aquaerobics
19:00 - 20:00		Aerobox		Aerobox	

