

### Complimentary Fitness Services for Hotel Guests:

- Gym
- Outdoor running
- Muscle Toning
- Stretching
- Circuit Training
- Body Balance
- Functional Training
- Pilates
- Step aerobics
- Indoor & Outdoor Pool (located next door to Hotel)

### Additional Paid Services for Hotel Guests:

- Pilates Reformer – 70 GEL
- Body Test - 50 GEL
- Nutritionist consultation and two-week nutritional plan - 100 GEL
- Body Test/Nutritionist Consultation and two-week nutritional plan - 150 GEL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.00-08.45	Outdoor Running	Muscle Toning	Outdoor Running	Muscle Toning	Outdoor Running	Muscle Toning	Outdoor Running
9.00-9.45	Stretching	Circuit Training	Stretching	Circuit Training	Stretching		
10.00-10.45		Body Balance		Body Balance			
11.00-11.45	Functional Training		Functional Training		Functional Training	Circuit Training	Circuit Training
13.00-13.45		Pilates		Pilates			
14.00-14.45	Step Aerobics	Step Aerobics	Step Aerobics	Step Aerobics	Step Aerobics		
15.00-15.45	Pilates		Pilates		Pilates		
17.00-17.45						Functional Training	Functional Training
18.00-18.45	Step Aerobics	Functional Training	Step Aerobics	Functional Training	Step Aerobics		
19.00-19.45	Pilates	Circuit Training	Pilates	Circuit Training	Pilates		
20.00-20.45	Functional Training	Pilates	Functional Training	Pilates	Functional Training	Muscle Toning & Stretching	Muscle Toning & Stretching
21.00-21.45	Circuit Training	Body Pump	Circuit Training	Body Pump	Circuit Training		