



F I T N E S S

YOGA 60 min

Indulge in a harmonious blend of tranquility and fitness with our exclusive yoga classes, designed for all levels. Each session is led by experienced instructors who guide you through mindful postures and breathing techniques. Whether you seek relaxation or a revitalizing workout, our yoga classes offer the perfect balance to rejuvenate both body and soul.

Group: 30€ / Personal: 80€

PILATES MAT 50 min

Our Pilates mat classes, tailored to enhance your core strength, flexibility, and posture, focus on controlled movements and precise alignment, offering a low-impact yet highly effective workout. Whether you're a beginner or a seasoned practitioner, our classes are designed to challenge and invigorate, helping you achieve a toned and balanced physique.

Group: 30€ / Personal: 80€

FUNCTIONAL TRAINING 50 min

Enhance your strength, agility, and endurance with our functional training classes, designed to help you move better, feel stronger, and perform at your peak. These sessions incorporate a variety of exercises that mimic natural movements, improving your overall fitness and day-to-day functionality.

Personal: 80€

MANNA JOURNEY TO RESTORE: Assisted Stretching Session 30 min (personal session/one to one)

Replenish and rejuvenate after your morning jog, hike, or workout with our 30-minute assisted stretching therapy. This specialized session blends dynamic and static passive stretches, designed to lengthen muscles and improve flexibility. Utilizing foam rollers/balls, our expert therapists will guide you through a deeply restorative experience that enhances mobility, reduces muscle tension, and promotes overall wellness. Perfect for those seeking recovery and relaxation, this session will leave you feeling revitalized and balanced, ready for the rest of your day.

Personal: 40€

Available every Saturday and Sunday morning at 09:00am.

For requests during weekdays ask reception.

Private classes can be arranged upon request.

For information and Reservations:

Contact us at T. +30 2710 309009. (Ext. 500)

