



BEACHCOMBER  
RESORTS & HOTELS

*The Art of Beautiful*

## HEALTH/FITNESS & SPA

01/11/2018 - 31/10/2019 (€)

All information and rates in this document are subject to changes.

Step in the calm haven of our Spas and Wellness Centres. Professional care is provided to help you unwind and leave all your cares behind.

Our fully appointed Sports Centres will help you keep fit during your holidays with up-to-date equipment and professional instruction.

2018/19



Royal Palm    Dinarobin    Paradis    TAB    Shandrani    Victoria    Canonnier    Mauricia

GYMNASIUM ON THE PREMISES	YES	YES	YES	YES	YES	YES	YES	YES
OPENING HOURS: - FROM	7 A.M.	7.30 A.M.	7.30 A.M.	7.30 A.M.	7.15 A.M.	6.00 A.M.	7.30 A.M.	7.30 A.M.
- TO	9 P.M.	8 P.M.	7.30 P.M.	7.30 P.M.	7.30 P.M.	10 P.M.	7.30 P.M.	7.30 P.M.
INSTRUCTOR (S)	YES	YES	YES	YES	YES	YES	YES **	YES
PERSONAL TRAINING (PER HOUR)	88	65	65	65	50	50	-	-
PERSONAL TRAINING PILATES (PER HOUR)	100	-	-	-	-	55	-	-
FREE COURSES OF :								
ABS/BUM	-	YES	YES	YES	YES	YES	YES **	YES
AEROBICS	-	YES *	YES	-	YES	-	-	-
AQUA GYM	-	YES	YES	YES	YES	YES	YES	YES
AQUA ZUMBA	-	-	YES	YES	-	YES	-	-
ZUMBA & BODY SCULPT	-	-	YES	YES	-	-	-	-
BODY MAX	-	-	-	-	-	YES	-	-
BODY SHAPE	-	-	YES	YES	-	YES	YES **	YES
CIRCUIT TRAINING	-	YES	YES	YES	-	YES	-	YES
YOGA	-	-	-	YES	-	YES	YES	YES
SPINNING	-	-	YES	YES	-	YES***	-	-
STABILITY BALL	-	YES	YES	YES	-	YES	-	-
STEP	-	-	YES	YES	-	YES	-	YES
STRETCHING	-	YES	YES	YES	YES	YES	YES	YES
POWER PLATE	YES	-	-	-	-	-	-	-

	Royal Palm	Dinarobin	Paradis	TAB	Shandrani	Victoria	Canonier	Mauricia
VIBRO TRAINING	-	-	-	-	-	-	-	-
MACHINE & WEIGHT TRAINING	YES	YES	YES	YES	-	YES	YES	YES
CARDIO TRAINING	YES	YES	YES	YES	YES	YES	YES	YES
JOGGING	-	-	-	-	-	YES	-	-
PAYING COURSES:								
YOGA	100	95	95	65	-	75	-	YES
AQUA GYM	100	-	-	-	-	-	-	-
SPINNING	-	-	-	-	-	15	-	-
POWER PLATE	65	-	-	-	-	20	-	10
KINESIS	100	-	-	-	-	-	-	-
STRETCHING	100	-	-	-	-	-	-	-
VIBRO TRAINING	-	23	-	-	-	-	-	-
TAI CHI	-	-	-	65	-	-	-	-
SMART STRETCH	-	25	-	-	-	-	-	-
PILATES MAT & BALL	-	-	65	-	-	20	-	-
QI-GONG	100	-	-	65	-	-	-	-
HATHA YOGA (COLLECTIVE COURSE)	40 PER PAX	20	25	65	-	-	-	-
HATHA YOGA (PRIVATE SESSION)	-	-	100	-	-	-	-	-
HAMMAM & SAUNA	-	-	20	-	-	-	-	-
MAKKO HO (COLLECTIVE COURSE)	-	-	25	-	-	-	-	-
MAKKO HO (PRIVATE SESSION)	-	-	100	-	-	-	-	-
5 TIBETANS (COLLECTIVE COURSE)	-	-	25	-	-	-	-	-
5 TIBETANS (PRIVATE SESSION)	-	-	100	-	-	-	-	-
QI GONG (COLLECTIVE COURSE)	-	-	25	-	-	-	-	-
QI GONG (PRIVATE SESSION)	-	-	100	-	-	-	-	-
PADDLE YOGA (COLLECTIVE COURSE - MAX 6PAX)	-	-	25	-	-	-	-	-
FREE FACILITIES :								
SAUNA	-	YES	-	-	YES	YES	YES	YES
HAMMAM	YES	YES	YES	YES	-	YES	YES	YES
SPA BEACHCOMBER								
OPENING HOURS :- FROM	8.30 A.M.	9 A.M.	9 A.M.	9 A.M.	8.30 A.M.	9 A.M.	9 A.M.	9 A.M.
- TO	8 P.M.	8 P.M.	8 P.M.	8 P.M.	7.30 P.M.	8 P.M.	8 P.M.	7.30 P.M.



Royal Palm    Dinarobin    Paradis    TAB    Shandrani    Victoria    Canonnier    Mauricia

FACILITIES RESERVED FOR SPA CLIENTS:

HAMMAM	YES	YES	YES	YES	YES	YES	YES	YES****
SAUNA	YES	YES	YES	YES	YES	YES	YES	YES****
RELAXATION POOL	YES	YES	YES	YES	YES	-	-	YES
CHANGING ROOMS	YES	YES	YES	YES	YES	YES	-	YES
SHOWERS	YES	YES	YES	YES	YES	YES	YES	YES

PAYING FACILITIES :

ALGOTHERAPY	-	-	-	-	-	-	-	-
BALNEOTHERAPY	-	-	-	YES	-	-	-	-
AYURVEDIC	YES	YES	-	YES	-	-	-	YES
MASSAGE	YES	YES	YES	YES	YES	YES	YES	YES
MASSAGE ON THE BEACH	-	-	-	-	-	YES	-	-
HYDRO BATH	-	-	-	YES	-	-	-	-
HAIRDRESSER	YES	YES	YES	YES	YES	YES (ON CALL)	YES	-
BEAUTY CARE	YES	YES	YES	YES	YES	YES	YES	-
HYDROTHERAPY (VICHY SHOWER)	YES	YES	-	YES	-	-	-	-
MEDITATION	YES	YES	-	-	YES	-	-	-
YOGA	YES	YES	YES	-	YES	-	-	-
HAMMAM & SAUNA	-	YES	YES	-	YES****	-	-	-
HENNA TATTOO	-	-	-	YES	-	YES	-	-
WELL-BEING QI GONG	-	YES	YES	YES	YES	YES	-	-
5 TIBETANS RITES	-	YES	YES	YES	YES	YES	-	-
MAKKO HO	-	YES	YES	YES	YES	YES	-	-

YES \* COURSES AVAILABLE AT PARADIS (PERSONAL TRAINING AT DINAROBIN)

YES \*\* HEALTH & FITNESS FACILITIES AVAILABLE AT MAURICIA

YES \*\*\* ONCE A WEEK

YES\*\*\*\* WITH SUPPLEMENT FOR CLIENTS WHO USE ONLY THE SAUNA/HAMMAM. MAURICIA: WITH SUPPLEMENT FOR GUESTS USING ONLY THE SAUNA/HAMMAM WITHOUT ANY SPA TREATMENT