



ASANA YOGA SHALA
Only during group / private classes

ASANA FITNESS PAVILION
07.00am to 11.00pm

IG: @asanafitnessclub





ASANA yoga shala & fitness pavilion

TWO SANCTUARIES, ONE PHILOSOPHY:
to nurture body, mind, and spirit.

Asana yoga shala

is a serene architectural gem, our sacred space to connect, heal, grow, and awaken the spirit. Join us in daily yoga and meditation sessions designed to rebalance and restore. Whether you're deepening your practice or discovering it for the first time, our skilled instructors will guide you through a journey of inner peace and renewal.

Asana wellness pavilion

pulses with energy and purpose, a dynamic space dedicated to movement, strength, and vitality. Here, physical fitness meets mindful intention. Train with us, challenge your limits, and feel empowered as you reconnect with your body.

Escape the noise of everyday life. Step into either space, or both and discover a holistic path to well-being.

Become part of a community that moves, breathes, and thrives together.

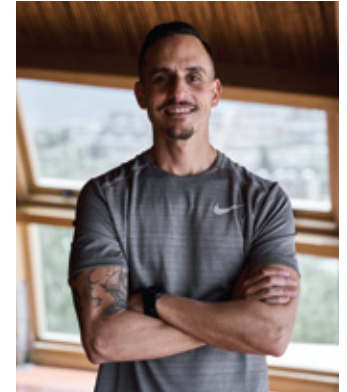


ASANA fitness club

MEET OUR TRAINER
Theo, Fitness Trainer

cross Training

An exercise regimen consisting of various types of exercises to reach your fitness goals. By varying your daily cardio exercises and incorporating strength training in your running / walking weekly routine, Cross-Training can help improve overall performance, prevent injury and help you stick to your program! According to your fitness level you can choose either the "Beginners" or the "Advanced" class.



Trainer's Tip

Your body needs adequate energy if you're going to get through a HIIT workout at peak intensity. Make sure you are having a nutritious breakfast 1,5- 2 hours prior to the Cross-Training class.

FITNESS CLUB SCHEDULE

MONDAY

09.00 - 10.00 Cross Training Level 1
10.15 - 11.15 Cross Training Level 2

TUESDAY

09.00 - 10.00 Cross Training Level 1
10.15 - 11.15 Cross Training Level 2

WEDNESDAY

09.00 - 10.00 Cross Training Level 1
10.15 - 11.15 Cross Training Level 2

THURSDAY

09.00 - 10.00 Cross Training Level 1
10.15 - 11.15 Cross Training Level 2

FRIDAY

09.00 - 10.00 Cross Training Level 1
10.15 - 11.15 Cross Training Level 2

SATURDAY

09.00 - 10.00 Cross Training Level 1
10.15 - 11.15 Cross Training Level 2

👉 For private sessions please contact the front office or the trainer.

👉 Asana Fitness Club is operating from 07.00am to 11.00pm

ASANA yoga shala

yoga

Experience the essence of yoga at our Asana Shala. Dive into daily classes centered on the foundational elements of the asana practice, each themed to unveil diverse yogic tools for body exploration. Whether standalone or paired with morning or sunset yoga, these sessions offer a complete experience.



MEET OUR TRAINER

Dimitra – Ashtanga & Vinyasa Flow

Dimitra is a dedicated Ashtanga Vinyasa yogini and somatic explorer, known for her dynamic and invigorating approach to Yoga. She will lead you through Ashtanga sequences and Creative Vinyasa flows, assisting you to build strength, flexibility and body-mind awareness while deepening your connection between breath, movement and expression.

MEET OUR TRAINER

Sofi – Yoga, Pilates & Sound Healing

Sofiia is a certified yoga and Pilates teacher with training in India and experience in Reformer Pilates, somatic meditation, and sound healing. Her classes combine mindful movement, breathwork, and deep relaxation. She also offers prenatal yoga and birth preparation, as well as sound journeys with singing bowls and chimes for nervous system release and inner balance.



Trainer's Tip

Start your practice with a clear mind and a hydrated body. Skip the coffee and opt for water instead. It's the first step to a more mindful practice.

MONDAY

Sofi

08.00 - 09.30
Pilates Mat

10.00 - 11.30
Energy flow +
Breath Work

Dimitra

16.00 - 17.30
Ashtanga Vinyasa

18.00 - 19.30
Creative Flow
Vinyasa

TUESDAY

Dimitra

08.00 - 09.30
Ashtanga Vinyasa

10.00 - 11.30
Heart Flow Vinyasa

Sofi

16.00 - 17.30
Pilates Mat

18.00 - 19.30
Aromatherapy and
Sound Healing

WEDNESDAY

Dimitra

08.00 - 09.30
Ashtanga Vinyasa

10.00 - 11.30
Vinyasa Yoga

Sofi

16.00 - 17.30
Pilates Mat

18.00 - 19.30
Hatha Yoga

THURSDAY

Dimitra

08.00 - 09.30
Ashtanga Vinyasa

10.00 - 11.30
Slow Vinyasa

Sofi

12.00 - 13.30
Pilates Mat

FRIDAY

Dimitra

08.00 - 09.30
Ashtanga Vinyasa

10.00 - 11.30
Heart Flow
Vinyasa

Sofi

16.00 - 17.30
Pilates Mat

18.00 - 19.30
Restorative Yoga

SATURDAY

Dimitra

08.00 - 09.30
Ashtanga Vinyasa

10.00 - 11.30
Creative Flow
Vinyasa

SUNDAY

Sofi

08.00 - 09.30
Pilates Mat

10.00 - 11.30
Fusion Yoga



PILATES REFORMER CLASSES

Cost
€15 per session

Limited spots available
Reserve yours by contacting the Spa Reception.

Location
Bathhouse

MONDAY

07.00 - 07.45
12.00 - 12.45
13.00 - 13.45

TUESDAY

12.00 - 12.45
13.00 - 13.45
15.00 - 15.45

WEDNESDAY

12.00 - 12.45
13.00 - 13.45
15.00 - 15.45

THURSDAY

07.00 - 07.45
08.00 - 08.45
09.00 - 09.45
10.00 - 10.45

FRIDAY

12.00 - 12.45
13.00 - 13.45
15.00 - 15.45

SUNDAY

07.00 - 07.45
12.00 - 12.45
13.00 - 13.45

DESCRIPTION OF CLASSES

Pilates Mat

A dynamic Pilates session to activate deep core muscles, improve posture, and release tension. Suitable for all levels and great for body awareness and toning.

Aromatherapy & Sound Healing

A deeply relaxing class combining essential oils and therapeutic sound. A deeply calming experience guided by healing sounds and vibrations. In this session, I use a variety of instruments including Tibetan singing bowls, chimes, and bells from Thailand and France, as well as other sound tools that help bring the nervous system into a state of deep rest. The sound waves gently guide the mind into a meditative state, helping to release stress, balance emotions, and restore inner harmony.

Energy Flow + Breathwork

An invigorating practice that connects breath and movement to boost vitality and focus. Ideal for clearing mental fog and awakening the whole body through dynamic yoga and energizing breath techniques.

Fusion Yoga

A creative blend of yoga styles – combining flow, strength, and stillness. You'll explore fluid sequences, grounding poses, and mindful transitions that support both physical and emotional balance.

Restorative Yoga

A slow and supported practice focused on deep rest and nervous system recovery. Using props to hold poses for longer, this class invites complete relaxation and healing on all levels.

ASANA fitness club

MEET OUR TRAINER

Manos – Tennis & Padel Coach

We prepare training programs that are adaptable to the needs and levels of all our guests. If you require some individual coaching, then private lessons are available for you! Those private lessons are open to tennis & padel players with personal, tailored coaching offered to learn and improve the game. The perfect setting to really improve technique and tactical play, our experienced top-tier coaches offer individual coaching.

Tennis Coaching

Private Coaching Session | 60€ / 60min

Private Coaching Session | 80€ / 90min

Couple – Duo Session | 70€ / 60min

Small Group Coaching (3–4 players) | 75€ / 60min

Sparring Session – Match Play (3–4 players) | 55€ / 60min

Padel Coaching

Private Padel Coaching | 60€ / 60min

Private Padel Coaching | 80€ / 90min

Couple – Duo Padel Session | 70€ / 60min

Padel Group Coaching (3–4 players) | 75€ / 60min

