



ASANA YOGA SHALA
Only during group / private classes

ASANA FITNESS PAVILION
07.00am to 11.00pm

IG: @asanafitnessclub





two sanctuaries, one philosophy

to nurture body, mind, and spirit.

ASANA YOGA SHALA

Built from natural materials and shaped by sea views, Asana is a simple, grounding space for yoga and Pilates.

ASANA WELLNESS PAVILION

A refined space for movement, overlooking the sea. Technogym-equipped and guided by a dedicated personal trainer, Asana invites you to train with intention at your own pace.

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





ASANA fitness club

FITNESS CLUB SCHEDULE

MONDAY

09.00 - 09.50 Cardio Burst
10.00 - 11.00 Functional training
12.00 - 13.00 Cross Training

TUESDAY

09.00 - 09.50 Cardio Burst
10.00 - 11.00 Functional training
12.00 - 13.00 Cross Training

WEDNESDAY

09.00 - 09.50 Cardio Burst
10.00 - 11.00 Functional Training
12.00 - 13.00 Cross Training

THURSDAY

09.00 - 09.50 Cardio Burst
10.00 - 11.00 Functional Training
12.00 - 13.00 Cross Training
17.00 - 18.00 Core Burn & Stretch
w/ ILARIO

FRIDAY

09.00 - 09.50 Cardio Burst
10.00 - 11.00 Functional Training
12.00 - 13.00 Cross Training

SATURDAY

09.00 Trail Hill Run
12.30 - 13.30 Hitt Training w/ ILARIO
13.45 - 14.45 Core Burn & Stretch
w/ ILARIO

SUNDAY

12.30 - 13.30 Hitt Training w/ ILARIO
17.00 - 18.00 Core Burn & Stretch w/ ILARIO



YOGA & PILATES

Experience the essence of yoga at our Asana Shala. Join daily classes built around foundational asana practice, each themed to guide a different way of exploring the body. Whether on their own or paired with morning or sunset sessions, these classes offer a complete experience.

MONDAY

08.00 - 09.00

Vinyasa Flow
w/ NIKOL

09.30 - 10.30

Slow Flow
w/ NIKOL

12.30 - 13.30

Pilates Mat
w/ ILARIO

17.00 - 18.00

Vin-Yin
w/ NIKOL

18.30 - 19.30

Pranayama &
Guided Meditation
w/ NIKOL

TUESDAY

08.00 - 09.00

Vinyasa Flow
w/ NIKOL

09.30 - 10.30

Vin-Yin
w/ NIKOL

11.30 - 12.30

Pilates Mat
w/ ILARIO

16.00 - 17.00

Yin Yoga
w/ NIKOL

WEDNESDAY

08.00 - 09.00

Vinyasa Warrior
w/ NIKOL

09.30 - 10.30

Slow Flow
w/ NIKOL

12.30 - 13.30

Pilates Mat
w/ ILARIO

17.00 - 18.00

Yin Yoga
w/ NIKOL

18.30 - 19.30

Pranayama
Guided Meditation
w/ NIKOL

THURSDAY

11.30 - 12.30

Pilates Mat
w/ ILARIO

FRIDAY

08.00 - 09.00

Vinyasa Warrior
w/ NIKOL

09.30 - 10.30

Slow Flow
w/ NIKOL

17.00 - 18.00

Yin Yoga
w/ NIKOL

18.30 - 19.30

Pranayama
Guided Meditation
w/ NIKOL

SATURDAY

08.00 - 09.00

Vinyasa Flow
w/ NIKOL

09.30 - 10.30

Slow Flow
w/ NIKOL

17.00 - 18.00

Vin-Yin
w/ NIKOL

18.30 - 19.30

Pranayama
Guided Meditation
w/ NIKOL

SUNDAY

08.00 - 09.00

Pilates Mat
w/ NIKOL

09.30 - 10.30

Slow Flow
w/ NIKOL

17.00 - 18.00

Vinyasa Flow
w/ NIKOL

18.30 - 19.30

Yin Yoga
w/ NIKOL

Designed around you.

From Pilates and weight training to yoga and meditation, choose your preferred trainer and enjoy private sessions tailored to your goals.

For more information and reservations, please contact the Spa Reception at Bath House & Sea Cave Spa.



Reformer Pilates

Strengthen, lengthen and restore with our Reformer Pilates sessions. Designed to improve posture, flexibility and core strength, each class offers a full-body workout through mindful movement and controlled resistance.

Location | Bathhouse

By reservation only | Subject to availability

RATES

Cost

GROUP CLASS: 20€ per person

PRIVATE SESSION: 50€ per session

Limited places available

To reserve, please contact the Spa Reception.

Aqua Cardio & Tone

a refreshing, low-impact workout designed to boost cardiovascular fitness while strengthening and toning the entire body. Taking place in the spa pool, this class combines energizing movements with the natural resistance of water for an effective yet gentle exercise experience. An energizing way to improve fitness while being gentle on the joints.

By reservation only | Subject to availability

PRIVATE THERAPIES

Reiki | 80€

A gentle energy healing session that supports deep relaxation and helps restore balance in body and mind.

Soundbath Private | 90€

A one-to-one sound healing session designed to release stress and bring deep relaxation.

Soundbath Couples | 110€ per couple

A shared sound healing experience for two people, ideal for relaxation and connection.

MONDAY

08.30 - 09.30

Aqua Cardio & Tone
w/ ILARIO | **at Sea Cave Spa**

10.00 - 11.00

Reformer Pilates
w/ ILARIO

11.00 - 12.00

Reformer Pilates
w/ ILARIO

TUESDAY

10.00 - 11.00

Reformer Pilates
w/ ILARIO

11.30 - 12.30

Reformer Pilates
w/ NIKOL

13.30 - 14.30

Reformer Pilates
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w/ ILARIO | **at Sea Cave Spa**

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11.00 - 12.00

Reformer Pilates
w/ ILARIO



Tennis Coaching

Private Coaching Session | 65€ / 60min

Private Coaching Session | 90€ / 90min

Couple – Duo Session | 80€ / 60min

Small Group Coaching (3–4 players) | 90€ / 60min

Sparring Session – Match Play (1 pax) | 60€ / 60min (*intermediate / advanced players*)

Padel Coaching

Private Padel Coaching | 65€ / 60min

Private Padel Coaching | 90€ / 90min

Couple – Duo Padel Session | 80€ / 60min

Padel Group Coaching (3–4 players) | 90€ / 60min

Pickleball Coaching

Private Pickleball Coaching | 65€ / 60min

Private Pickleball Coaching | 90€ / 90min

Couple – Duo Pickleball Session | 80€ / 60min

Pickleball Group Coaching (3–4 players) | 90€ / 60min

TRAINING PACKAGES

Book 3 sessions & enjoy 10% off

Book 5 sessions & enjoy 15% off

Stay committed to your wellness journey while enjoying exclusive savings.

🐾 The use of the courts is free of charge, upon request.

🐾 For your safety and the best possible training experience, kindly ensure you inform your trainer in case of pregnancy, so that appropriate adjustments can be made to your sessions.

