



BEACHCOMBER
RESORTS & HOTELS



HEALTH/FITNESS & SPA

01/11/2019 - 31/10/2020 (€)

All information and rates in this document is subject to change.

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.

2019/20



	Royal Palm	Dinarobin	Paradis	TAB	Shandrani	Victoria	Canonier	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	-	65	-	-	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	yes	-	-	-
Body Max	-	-	-	-	-	yes	-	-
Body shape	-	-	yes	yes	-	yes	yes**	-
Circuit training	-	yes	yes	yes	-	yes	-	-
Yoga	-	-	yes	yes	-	yes****	yes	yes
Spinning	-	-	yes	yes	-	yes***	-	-
Stability ball	-	yes	yes	yes	-	yes	-	-
Step	-	-	yes	yes	-	yes	-	-
Stretching	-	yes	yes	yes	yes	yes	yes	yes
Power Plate	yes	-	-	-	-	-	-	-
Machine & weight training	yes	yes	yes	yes	yes	yes	yes	yes
Cardio training	yes	yes	yes	yes	yes	yes	yes	yes
Jogging	-	-	-	-	-	yes	-	-

* Courses available at PARADIS (personal training at DINAROBIN)

** Health & Fitness facilities available at MAURICIA

*** Once a week

**** Yoga in collective sessions are free. private sessions are with supplement.



	Royal Palm	Dinarobin	Paradis	TAB	Shandrani	Victoria	Canonnier	Mauricia
Paying courses:								
Yoga	88	95	95*	65	-	75	-	yes
Aqua gym	88	-	-	-	-	-	-	-
Spinning	-	-	-	-	-	15	-	-
Power Plate	65	-	-	-	-	20	-	10
Kinesis	88 (1hr)	-	-	-	-	-	-	-
Stretching	88**	-	-	-	-	-	-	-
Vibro Training	-	23	-	-	-	-	-	-
Tai Chi	-	-	25	65	-	-	-	-
Smart stretch	-	25	-	-	-	-	-	-
Pilates Mat & Ball	-	-	65	-	-	20	-	-
Qi-Gong	88	-	-	65	-	-	-	-
Hatha yoga (collective course)	50 per pax	25	25	65	-	-	-	-
Hatha yoga (private session)	100	100	100	-	-	-	-	-
Hammam & Sauna	-	-	20	-	-	-	-	-
Makko Ho (collective course)	-	13	25	-	-	-	-	-
Makko Ho (private session)	-	50	100	-	-	-	-	-
5 Tibetans (collective course)	-	25	25	-	-	-	-	-
5 Tibetans (private session)	-	100	100	-	-	-	-	-
Qi-Gong (collective course)	50	-	-	-	-	-	-	-
Qi-Gong (private session)	100	-	100	-	-	-	-	-
Paddle yoga (collective course - max 6pax)	-	-	25	-	-	-	-	-
Free facilities:								
Sauna	yes	yes	-	-	yes	yes	yes	yes
Hammam	yes	yes	yes	yes	-	yes	yes	yes

* 25 per pax

** collective 50



	Royal Palm	Dinarobin	Paradis	TAB	Shandrani	Victoria	Canonnier	Mauricia
SPA Beachcomber	yes	yes	yes	yes	yes	yes	yes	yes
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.
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	yes	-	-	-	-	-	-	-
Balneotherapy	-	-	-	yes	-	-	-	-
Ayurvedic	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	yes
Beauty care	yes	yes	yes	yes	yes	yes	yes	yes
Hydrotherapy (Vichy Shower)	yes	-	-	yes	-	-	-	-
Meditation	yes	yes	-	yes	yes	-	-	-
Yoga	yes	yes	yes	yes	yes	-	-	yes
Hammam & Sauna	-	yes	yes	yes	yes*	-	-	yes
Henna Tattoo	-	-	-	yes	-	yes	-	-
Well-being Qi-Gong	-	-	yes	yes	yes	yes	-	-
5 Tibetans Rites	-	yes	yes	yes	yes	yes	-	-
Makko Ho	-	yes	yes	yes	yes	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.