

OPENING HOURS

Monday
8am—2pm 5pm-10pm

Tuesday
8am—2pm 5pm-10pm

Wednesday
8am—2pm 5pm-10pm

Thursday
8am—2pm 5pm-10pm

Friday
8am—2pm 5pm-7pm

Saturday
9am—12.00

Gym use after 9pm is by prior Arrangement

Sophia's staff

Gym Manager

Ovie

Toning Tables/Rehabilitation

Michele

Reception/Coffee Bar

Stacey

MONDAY

8.30AM BOOT CAMP
10.00AM FUNCTIONAL TRAINING
6.00PM BALLET BARRE
8.00PM *CORE BALL

TUESDAY

9.30AM BEGINNERS CIRCUIT
10.30AM *HIITS CLASS (20MIN)
6.00PM TAP
8.00PM *SPINNING

WEDNESDAY

9.30AM KETTLE/ CIRCUIT
1.00PM PILATES
5.00PM CROSS HIITS WITH VICKI

THURSDAY

8.30AM BOOTCAMP
9.30AM CORE BALL
10.30AM *SPINNING
12.30PM SLIMMING CLUB
5.00PM SALSA (BEGINNERS)
6.00PM SALSA (IMPROVERS)
8.00PM *SPINNING

FRIDAY

9.20AM STEP AEROBICS
10.30AM BODY WEIGHTS

(classes maked with * are free to members)

SUMMER 2019



Email :-

info@sophias.es

Website:-

www.sophias.es

Tel :-

950 449 451

Facebook :-

Sophia Rurador

Registration B04694543

PRICES

GYM

1 DAY	€5.00
1 WEEK	€16.00
2 WEEKS	€20.50
3 WEEKS	€25.00
1 MONTH	€27.00
3 MONTHS	€78.95

TONING TABLES

1 MONTH	€39.99
3 MONTHS	€115.00

TONING TABLES & GYM

1 MONTH	€47.99
3 MONTHS	€135.00

DUO PASS (GYM & CLASSES*)

1 MONTH	€39.00
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CLASS PASS

PER CLASS	5.00
1 MONTH	€30.00

*ONLY CLASSES WITH OVIE & MICHELE

OTHER SERVICES

OSTEOPATHY

REE HYDE OUR UK REGISTERED OSTEOPATH OFFERS A FULL RANGE OF OSTEOPATHY, MEDICAL ACUPUNCTURE AND SPORTS INJURY

FOR FURTHER INFORMATION, ASK AT RECEPTION OR VISIT OUR WEBSITE

MASSAGE

CLAUDIA IS AVAILABLE FOR APPOINTMENTS AT SOPHIA'S. FABULOUS FOR RELIEVING TENSION OR JUST A TREAT. CLAUDIA ALSO OFFERS HOT ALOE VERA MASSAGE, REJUVANATING MASSAGE, FACIAL AND CRANIAL MASSAGE. MORE INFORMATION AVAILABLE FROM RECEPTION

DR JUAN

FOR ALL YOUR BOTOX, FILLERS & COSMETIC SURGERY ADVICE, APPOINTMENTS CAN BE MADE AT RECEPTION

Other services available

Hopi Ear Candles

Reiki

MORE THAN JUST A GYM

CONVERSATIONAL SPANISH LESSONS WITH MOLI

MONDAYS 11AM INTERMEDIATE

TUESDAYS 10AM BEGINNERS GRAMMAR & VERBS

FRIDAYS 11AM BEGINNERS

SLIMMING CLUB

JOIN VICKI EVERY THURSDAY AT 12.30 FOR HER FRIENDLY APPROACH TO HEALTHY WEIGHT LOSS AND GREAT NUTRITIONAL ADVICE

COFFEE BAR

JOIN US FOR A DELICIOUS COFFEE, COLD DRINK OR PROTEIN SHAKE, ALL FRESHLY MADE