

More than Just a Gym.

Gym Manager—Ovie

Fully Equipped Gymnasium monthly membership

27.00 euros

Toning Table Manager/Rehabilitation — Michele

Toning Tables monthly membership

50.00 euros

Rehabilitation Specialists PDR

Table Tennis Available Daily



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	

MONDAY

- 8.30 BOOT CAMP
- 9.30 CIRCUIT /BODYPUMP
- 4PM KARATE
- 8PM *CORE BALL

TUESDAY

- 9.00 Mens HIITs Class
- 9.30 DOLLY MIXTURE
- 10.30 *HIITS CLASS (20MIN)
- 7.00 BACHATA/MERENGUE
- 8PM *SPINNING

WEDNESDAY

- 9.30 KETTLE/BODY PUMP
- 1.00 PILATES
- 4.00 ZUMBA
- 6.00 *BODY COMBAT

THURSDAY

- 8.30 BOOTCAMP
- 9.30 CORE BALL/
- 12.30 SLIMMING CLUB
- 4PM KARATE
- 5PM FIT KIDS
- 8PM *SPINNING

FRIDAY

- 9.20 STEP AEROBICS
 - 10.30 BODY PUMP
- PERSONAL TRAINING

AVAILABLE

CLASSES

TIMETABLE

*Free

Classes

All Classes



May 2018



Email

info@sophias.es

Website

www.sophias.es

Tel

950 449 451

Facebook

Sophia Rurador

Registration

B04694543

Facials...Massage...Waxing...Tinting...Pedicure...Manicure...Hopi Ear...Laser Lipo...

FACIALS

<u>Refreshing Facial</u>	
Inc Cooling Aloe Vera Mask	28.00
<u>Relaxing Facial</u>	
Incl Moisture Mask & Pressure Point Massage	35.00
Massage	
<u>Indulgent Massage Facial</u>	
Mask and Relaxing Indian Head	
Massage	40.00
Hopi Ear Candle	15.00
Rujuvinating Facial Accupuncture	40.00
<u>HANDS AND FEET</u>	
Pedicure with polish	18.00
Manicure Inc Polish	15.00
French Polish with above	+5.00
Luxury Pedicure inc Lower leg	
And foot massage	25.00
File and Polish	10.00
Pedicure with Gel Polish	25.00
Manicure with Gel Polish	22.00

EYES

Eye Lash Tint	8.00
Eye brow Tint	8.00
Lash Tint	10.00
Brow and Lash Tint	15.00
Eyebrow Shape	6.00

MASSAGES

30 Minutes therapeutic massage	20.00
1 hour Therapeutic Massage	35.00
30 Minutes Hot Aloe Vera Massage	20.00
1 Hour Hot Aloe Vera Massage	40.00
Anti Cellulite Massage 30 minutes	15.00
Indian Head Massage 30 minutes	20.00
Meditation Massage 60 mins	35.00
Neck Treatment 20 mins Galvanic	10.00
Galvanic Nu Skin Facial 1/2hr	20.00
Galvanic Facial Luxury Nu Skin 1 hr	25.00

WAXING

Eyebrow	8.00
Chin or Lip	10.00
Full Leg	20.00
Half Leg Wax	15.00
Underarm	15.00
Forearm	15.00
Bikini	15.00

OTHER

Osteopath initial	40.00
Osteopath	30.00
Lipo By Laser	69.00
Pressure Therapy 10mins	10.00
Galvanic Facial 45minutes	20.00
Microblading Eyebrows	260.00
Free consultations for Botox, Fillers and Cosmetic Surgery Advice available with Dr Juan on a monthly basis	

