

Welcome to Cavo Spada Deluxe & Spa! Below you will find Apollos sports program.

Outdoor gym - MOG

Opening hours 09:00-20:00, when there are no scheduled classes
Age limit 16 years

Indoor gym

Opening hours 07:00-20:00
Due to covid-19 regulations the use of the indoor gym is by room. 45 min session standard, then 15 min sanitation before next use. Age limit 16 years.
Book in spa between (10-18) or in reception

All guests staying at Cavo Spada are more than welcome to join our classes. Bring a bottle of water and enjoy your workout:

Saturday

08:00 Morning Yoga - Yoga station
12:00 H.I.T - MOG
16:30 Stretch & relax - Yoga station

Sunday

08:00 Morning Yoga - Yoga station
12:00 Volley ball - Beach area
15:00 WOD - MOG

Monday

08:00 Morning Yoga - Yoga station
11:00 WOD - MOG
15:00 Spinning (pre book)
16:30 Yin yoga - Yoga station

Tuesday

08:00 Morning Yoga - Yoga station
11:00 Volley ball - Beach area
15:00 WOD - MOG

Wednesday

08:00 Morning Yoga - Yoga station
11:00 SUP - Beach area (pre book)
15:00 Spinning (pre book)
16:30 Stretch & relax

Thursday

08:00 Morning Yoga - Yoga station
11:00 WOD - MOG
15:00 Boxing - MOG

Friday

Rest day

Kindly note that this workout program is subject to changes. All classes are held in english and activities and use of facilities is at your own risk. All workout classes with Apollo is free of charge