



SPORTS ACADEMY  
PRICE LIST

COMPLIMENTARY  
SPORTS PROGRAM

## Monday

09:00 | ZEN GARDEN | HATHA YOGA & MEDITATION  
10:00 | ZEN GARDEN | PILATES  
10:00 | WATER SPORTS AREA | PADDLING  
11:00 | ZEN GARDEN | TRX  
11:45 | ZEN GARDEN | ABDOMINAL WORKOUT  
15:00 | INDOOR POOL | AQUA SPINING  
16:00 | ZEN GARDEN | ANTIGRAVITY YOGA (PRELIMINARY RESERVATION IS MANDATORY)

## Wednesday

09:00 | ZEN GARDEN | POWER YOGA & MEDITATION  
10:00 | ZEN GARDEN | PILATES  
10:00 | WATER SPORTS AREA | PADDLING  
11:00 | ZEN GARDEN | TRX  
11:45 | ZEN GARDEN | ABDOMINAL WORKOUT  
15:00 | INDOOR POOL | AQUA SPINING  
16:00 | ZEN GARDEN | ANTIGRAVITY YOGA (PRELIMINARY RESERVATION IS MANDATORY)

## Friday

09:00 | ZEN GARDEN | YIN YOGA & MEDITATION  
10:00 | ZEN GARDEN | PILATES  
10:00 | WATER SPORTS AREA | PADDLING  
11:00 | ZEN GARDEN | TRX  
11:45 | ZEN GARDEN | ABDOMINAL WORKOUT  
15:00 | INDOOR POOL | AQUA SPINING  
16:00 | ZEN GARDEN | ANTIGRAVITY YOGA (PRELIMINARY RESERVATION IS MANDATORY)

## Sunday

09:00 | ZEN GARDEN | YIN YOGA & MEDITATION  
10:00 | ZEN GARDEN | PILATES  
11:00 | ZEN GARDEN | TRX  
11:45 | ZEN GARDEN | ABDOMINAL WORKOUT

## Tuesday

09:00 | ZEN GARDEN | VINYASA FLOW YOGA & MEDITATION  
10:00 | WATER SPORTS AREA | PADDLING  
11:00 | ZEN GARDEN | CROSSFIT  
11:45 | ZEN GARDEN | CORE & MORE  
15:00 | INDOOR POOL | AQUA FITMAT  
16:00 | ZEN GARDEN | ANTIGRAVITY YOGA (PRELIMINARY RESERVATION IS MANDATORY)

## Thursday

09:00 | ZEN GARDEN | HATHA YOGA & MEDITATION  
10:00 | ZEN GARDEN | PILATES  
10:00 | WATER SPORTS AREA | PADDLING  
11:00 | ZEN GARDEN | CROSSFIT  
11:45 | ZEN GARDEN | CORE & MORE  
15:00 | INDOOR POOL | AQUA FITMAT  
16:00 | ZEN GARDEN | ANTIGRAVITY YOGA (PRELIMINARY RESERVATION IS MANDATORY)

## Saturday

10:00 | ZEN GARDEN | PILATES  
10:00 | WATER SPORTS AREA | PADDLING  
11:00 | ZEN GARDEN | CROSSFIT  
11:45 | ZEN GARDEN | CORE & MORE  
15:00 | INDOOR POOL | AQUA FITMAT

## **PADDLING**

It is a type of exercise in which you create a swimming movement with the help of paddle while lying down or kneeling on a paddleboard or surfboard in the sea.

## **YOGA**

It is a form of exercise that focuses on breathing to achieve a higher level of physical and mental well-being.

## **PILATES**

It is an exercise that focuses on the basic muscles that have an important function in supporting the backbone.

## **TRX**

TRX makes our body work in its natural movement mechanism, providing multi-directional exercise in the right, left, front, back and diagonal directions of the body.

## **ABDOMINAL WORKOUT**

It refers to the whole of exercises designed to work and develop the abdominal muscles.

## **AQUA FITMAT**

It is a sports activity done on a floating mat on the pool.

## **KICK BOX**

It is a self-defence sport that derives from far eastern marital arts.

## **JUMPING FITNESS**

It is an ideal gym session to relieve stress and lose weight effectively by jumping on the trampoline.

## **CROSSFIT**

It is a general strength and conditioning program that you can do using your own body weight and additional equipment.

## **CORE & MORE**

It refers to the whole of exercises designed to work and develop the abdominal muscles.

## **AQUA SPINNING**

It is an exercise program that allows you to do sports in the pool with a special bike that can be placed in the water.

## **KANGOO JUMPS**

It is a fun sports activity that allows you to burn calories fast with the springs on the bottom that make jumping easier.

## **TABATA**

It is a high-intensity interval training and a kind of cardiovascular exercise that improves condition and endurance.

## **AQUA JUMPING**

It is a trampoline exercise designed to stay in shape while having fun with very simple movements performed underwater.

## **FUNCTIONAL TRAINING**

It is an interval exercise that aims to make the body functional and includes movements that work the whole body.

# LUJO SPORTS ACADEMY

## PRIVATE LESSONS

TIME PRICE

|   |            |         |
|---|------------|---------|
| EXERCISE ASSESSMENT (BODY ANALIZER & INDIVIDUAL PROGRAM)            | -          | 100 €   |
| EXERCISE ASSESSMENT (2 PERSON) (BODY ANALIZER & INDIVIDUAL PROGRAM) | -          | 150 €   |
| BODY COMPOSITION ANALYSIS   | -          | 90 €    |
| PERSONAL TRAINING   | 60 minutes | 120 €   |
| PERSONAL TRAINING (6 HOURS)   | 60 minutes | 680 €   |
| PERSONAL TRAINING (8 HOURS)   | 60 minutes | 880 €   |
| PERSONAL TRAINING (10 HOURS)  | 60 minutes | 1,100 € |
| PERSONAL TRAINING (2 PERSON)  | 60 minutes | 220 €   |
| PILATES REFORMER (WITH TRAINER)                                     | 60 minutes | 120 €   |
| PILATES REFORMER (WITHOUT TRAINER)                                  | 60 minutes | 90 €    |
| YOGA LESSON   | 60 minutes | 120 €   |
| ANTI-GRAVITY YOGA LESSON  | 60 minutes | 120 €   |
| KIDS SWIMMING LESSON  | 60 minutes | 100 €   |
| KIDS SWIMMING LESSON (6 HOURS)                                      | 60 minutes | 570 €   |
| KIDS SWIMMING LESSON (8 HOURS)                                      | 60 minutes | 740 €   |
| KIDS SWIMMING LESSON (10 HOURS)                                     | 60 minutes | 900 €   |
| KIDS SWIMMING LESSON (2 PERSON)                                     | 60 minutes | 150 €   |
| TEENS AND ADULTS SWIMMING LESSON                                    | 60 minutes | 100 €   |
| TEENS AND ADULTS SWIMMING LESSON (2 PERSON)                         | 60 minutes | 180 €   |
| ZUMBA / LATIN DANCE LESSON  | 60 minutes | 100 €   |
| MUAY THAI LESSON  | 60 minutes | 100 €   |
| KICKBOXING LESSON   | 60 minutes | 100 €   |
| BOXING LESSON   | 60 minutes | 100 €   |
| SKILL ATHLETIC LESSON   | 45 minutes | 100 €   |
| TENNIS LESSON   | 60 minutes | 120 €   |
| TENNIS LESSON (6 HOURS)   | 60 minutes | 680 €   |
| TENNIS LESSON (8 HOURS)   | 60 minutes | 880 €   |
| TENNIS LESSON (10 HOURS)  | 60 minutes | 1,080 € |
| TENNIS LESSON (2 PERSON)  | 60 minutes | 200 €   |
| TENNIS LESSON (2 PERSON) - (6 HOURS)                                | 60 minutes | 1,000 € |
| TENNIS LESSON (2 PERSON) - (8 HOURS)                                | 60 minutes | 1,400 € |
| TENNIS LESSON (2 PERSON) - (10 HOURS)                               | 60 minutes | 1,600 € |
| PADDLING LESSON   | 60 minutes | 90 €    |



Lujo  
ART & JOY

BODRUM | TURKEY