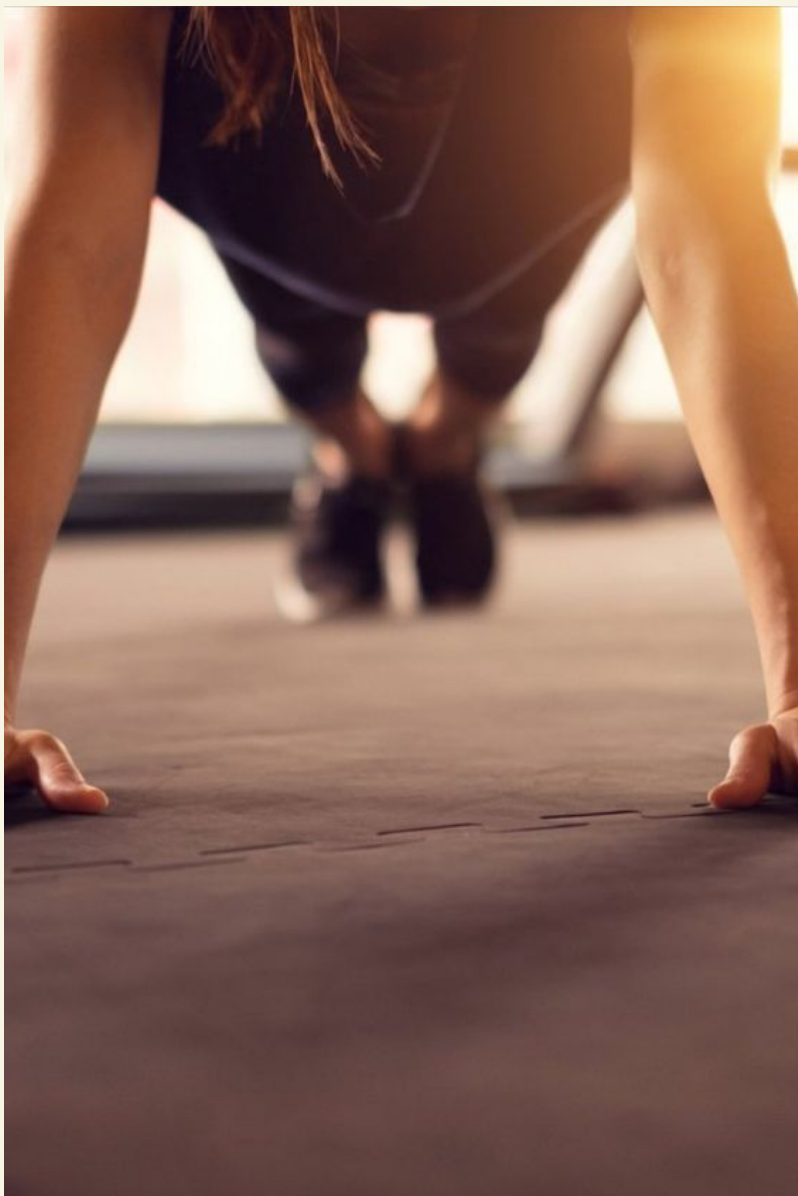


Mona.

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ATHLESIS

Gym Services



VIRTUAL TRAINING

IN-ROOM WORKOUT

Mona is collaborating with Athlesis, an Athenian boutique personal training gym – to bring a virtual fitness experience right to your room that will elevate your next stay.

You will be treated to a virtual session by one of Athlesis trainers tailored to your fitness level. The session includes key stretches, bodyweight moves, and an overall, well-rounded fitness experience, that can be done right in your room or anywhere on our property.

DURATION 45 minutes / session

PRICE €50

PERSONAL TRAINING

IN-ROOM WORKOUT

Our hotel can provide personal training sessions by Athlesis's trainers. Personal training sessions either indoor (hotel gym or in-room) or outdoor.

These workouts are customized to your needs and design to help you exceed your goals.

DURATION 60 minutes / session

Up to 2 people

PRICE €80





ATHENS RUNNING

OUTDOOR WORKOUT

We offer you the opportunity to exercise and run while enjoying the sights of Athens.

Running is one of the best ways to explore a new city. It lets you build a better image of Athens. You will see all the nuances, traditions and secret places that you would otherwise miss.

DURATION 60 minutes / session

Up to 2 people

PRICE €120

ATHENS RUNNING

PRICE LIST

VIRTUAL TRAINING (45min)	€50
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PERSONAL TRAINING	€80
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ATHENS RUNNING	€120
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FOR BOOKINGS:

Please make advance arrangements by contacting the front desk.