



THE
MIND, BODY AND
SPIRIT SPA

STUDIO FITNESS SCHEDULE 2025

MONDAY

BOXING CARDIO DANCE

06:00HRS to 07:00HRS

AERO-DANCE

18:00HRS to 19:00HRS

TUESDAY

CROSS-FITT

06:00HRS to 07:00HRS

AERO-DANCE

16:00HRS to 17:00HRS

SPINN CYCLE

18:00HRS to 19:00HRS

WEDNESDAY

SPINN CYCLE

06:00HRS to 07:00HRS

WEIGHTLIFTING

18:00HRS to 19:00HRS

THURSDAY

STEP AEROBICS & BODY TONE

06:00HRS to 07:00HRS

AERO-DANCE

16:00HRS to 17:00HRS

SPINN CYCLE

18:00HRS to 19:00HRS

FRIDAY

HIIT CARDIO

06:00HRS to 07:00HRS

TAEBO

18:00HRS to 19:00HRS

REVITALIZE AT OUR MAISHA HEALTH CLUB AND SPA OPERATING FROM 6AM TO 10PM. WE OFFER CARDIO-TRAINING, PERSONAL TRAINING, WEIGHT TRAINING, GROUP TRAININGS, FITNESS PROGRAMS, SWIMMING, STEAM BATH AND SAUNA.

BEAUTY THERAPY SERVICES INCLUDING MESSAGES, FACIALS, BODY SCRUBS/WRAPS, FOOT AND HAND RITUALS AVAILABLE FROM 9AM TO 9PM.

THEME: "LET'S GET PHYSICAL"



DAR ES SALAAM SERENA
HOTEL