

# FITNESS CLASSES SCHEDULE\*

\* This schedule may change due to demand. New class bookings priority from 1<sup>st</sup> September 2020. Please consult page 4.

## Love to move?

Make every workout count with our group classes, designed to get you moving, fit and having fun.

## 1-1 classes

1-1 specialized fitness sessions are available including Yoga, Pilates, private Dance Tuition and Calisthenics for members and non-members.

CONTACT US TODAY AT  
CAMPUSCLASSES@QUINTADOLAGO.COM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>RHYTHM CYCLE</b> 08:30 45min Studio 2	<b>RHYTHM CYCLE</b> 08:30 45min Studio 2	<b>RHYTHM CYCLE</b> 08:30 45min Studio 2	<b>RHYTHM CYCLE</b> 08:00 45min Studio 2	<b>RHYTHM CYCLE</b> 08:30 45min Studio 2	<b>HIIT</b> 09:15 45min Studio 2	<b>RHYTHM CYCLE</b> 09:00 45min Studio 2
<b>CORE CONDITIONING &amp; STRENGTH</b> 09:30 45min Studio 2	<b>HIIT</b> 09:00 45min Outside High Performance	<b>CORE CONDITIONING &amp; STRENGTH CLASS</b> 09:30 45min Studio 2	<b>RHYTHM CYCLE</b> 09:00 40min Studio 2	<b>PILATES</b> 09:15 45min Multi-Purpose Room	<b>EXPRESS BOXFIT</b> 10:15 45min High Performance Gym	<b>RHYTHM CYCLE</b> 10:00 45min Studio 2
<b>TABATA</b> 10:30 45min Studio 2	<b>EXPRESS BOXFIT</b> 10:00 45min High Performance Gym	<b>PUMP CONDITIONING</b> 10:30 50min Studio 2	<b>EXPRESS BOXFIT</b> 10:00 45min High Performance Gym	<b>TABATA</b> 10:00 60min Studio 2	<b>KIDS HIIT (AGE 5-10)</b> 10:15 45min <b>NEW</b> Studio 2	<b>YOGA</b> 11:00 60min Multi-purpose room
<b>PILATES</b> 10:30 55min Multi-Purpose Room	<b>BARRE FITNESS</b> 10:00 45min Studio 2	<b>PILATES</b> 10:30 55min Multi-Purpose Room	<b>YOGALATES</b> 11:00 45min Multi-Purpose Room	<b>POWER YOGA</b> 11:00 60min Multi-Purpose Room	<b>BREATHE AND STRETCH</b> 11:00 60min Multi-Purpose Room	<b>RELAXATION &amp; MEDITATION</b> 12:00 30min Multi-Purpose Room
<b>YOGA FOR BEGINNERS</b> 11:30 60min Multi-Purpose Room	<b>YOGALATES</b> 11:00 60min Multi-Purpose Room	<b>POWER YOGA</b> 11:30 60min Multi-Purpose Room	<b>KID'S BOXFIT (AGE 5-10)</b> 17:00 45min <b>NEW</b> Multi-purpose Room		<b>GUIDED MEDITATION</b> 12:00 30min Multi-Purpose Room	
<b>YOGA KIDS (AGES 3-6)</b> 17:00 45min <b>NEW</b> Studio 2	<b>GOLF ESPECIFIC FITNESS</b> 12:00 45min Studio 2	<b>ORGANIC KIDS PLAY (AGE 3-8)</b> 17:00 45min <b>NEW</b> Multi-purpose Room				
<b>YOGA</b> 17:00 60min Multi-Purpose Room	<b>RUNNING CLUB</b> 17:00 60min Running Track	<b>BARRE FITNESS</b> 18:00 45min Studio 1				
	<b>RHYTHM CYCLE</b> 18:00 45min Studio 2					

- FITNESS & STRENGTH CLASSES
- FUNCTIONAL CLASSES
- MIND & BODY CLASSES
- SPECIALIST CLASSES
- CHILDREN'S CLASSES

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