

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|---|--|--|
| BEACH BOOTCAMP 08:30 60min Meet at The Shack car park | RHYTHM CYCLE 08:00 45min Cycle studio 1 | BOOTCAMP 08:30 60min Meet in the HP Gym | PILATES HIIT 08:00 45min NEW Multipurpose room | BEACH BOOTCAMP 08:30 60min Meet at The Shack car park | HIIT 09:00 45min Studio 2 | RHYTHM CYCLE AND CORE 09:00 45min NEW Cycle studio 1 |
| RHYTHM CYCLE AND CORE 08:30 45min Cycle studio 1 | RHYTHM CYCLE AND CORE 09:00 45min NEW Cycle studio 1 | RHYTHM CYCLE 08:30 45min Cycle studio 1 | RHYTHM CYCLE 09:00 45min Cycle studio 1 | RHYTHM CYCLE 08:30 45min Cycle studio 1 | RHYTHM CYCLE 10:00 45min Cycle studio 1 | RHYTHM CYCLE 10:00 45min Cycle studio 1 |
| POWER CORE CONDITIONING & STRENGTH 09:30 45min Studio 2 | HIIT 09:00 45min High Performance Gym | CORE CONDITIONING & STRENGTH 09:30 45min Studio 2 | STRENGTH AND STRETCH 09:15 40min Multipurpose room | CORE CONDITIONING & STRENGTH 09:30 45min Studio 2 | PUMP CONDITIONING 10:15 50min Studio 2 | PILATES 10:00 50min NEW Multipurpose room |
| TABATA 10:30 45min High Performance Gym | EXPRESS BOXFIT 10:00 45min High Performance Gym | PILATES 10:30 50min Multipurpose room | LEGS, BUMS AND TUMS 10:00 45min NEW Studio 2 | POWER WORKOUT 10:30 50min NEW Studio 2 | BREATHE AND STRETCH 11:00 60min Multipurpose room | BODY CONDITIONING 11:00 45min NEW Studio 2 |
| PILATES 10:30 50min Multipurpose room | BARRE FITNESS 10:00 45min Studio 2 | PUMP CONDITIONING 10:30 50min Studio 2 | EXPRESS BOXFIT 10:00 45min High Performance Gym | PILATES 10:30 50min Multipurpose room | BOUNCE Mini trampoline workout 11:05 45min Studio 2 | YOGA 11:00 60min Multipurpose room |
| DANCE FUSION 10:30 45min NEW Studio 2 | YOGA 10:00 55min NEW Multipurpose room | BOUNCE Mini trampoline workout 11:30 45min Studio 2 | YOGA 10:00 55min NEW Multipurpose room | YIN YOGA AND MINDFULNESS MEDITATION 11:30 90min NEW Multipurpose room | GUIDED MEDITATION 12:00 30min Multipurpose room | RELAXATION & MEDITATION 12:00 30min Multipurpose room |
| MOBILITY AND FASCIA RELEASE 11:30 45min Multipurpose room | YOGALATES 11:00 55min Multipurpose room | YIN YOGA AND MINDFULNESS MEDITATION 11:30 90min NEW Multipurpose room | YOGALATES 11:00 55min Multipurpose room | EXPRESS BOXFIT 17:00 45min High Performance Gym | <p>NEW TO GROUP FITNESS CLASSES AND UNSURE OF WHAT CLASSES ARE FOR YOU?</p> <p>Book a free group fitness consultation at reception or at campusclasses@quintadolago.com</p> | |
| BOOTY BURN 17:00 45min Studio 2 | ADULT BEGINNERS BALLET MASTERCLASS* The Cecchetti method 12:15 75min Studio 2 | RHYTHM CYCLE 17:00 45min Cycle studio 1 | GOLF SPECIFIC FITNESS 12:00 40min Studio 2 | YIN YOGA 18:15 75min NEW Multipurpose room | | |
| BALLET FIT 18:00 45min Studio 2 | LEGS, BUMS AND TUMS 17:00 45min NEW Studio 2 | BARRE FITNESS 18:00 45min Studio 2 | RHYTHM CYCLE 17:00 45min Cycle studio 1 | | | |
| DYNAMIC STRETCH AND BALANCE 18:45 45min Studio 2 | RHYTHM CYCLE 18:00 45min Cycle studio 1 | BALLET SCULPT 18:45 30min NEW Studio 2 | | | | |
| | PILATES 18:15 45min NEW Multipurpose room | | | | | |

FITNESS SCHEDULE

* This is a 6-week course commencing on 7th February until 21st March (no class on 21st February).
See the price of this classes below

Note: please ensure bags and personal belongings are stored in lockers as they are not permitted in the studio and teaching spaces for Health & Safety reasons.

STAY UPDATED WITH ANY CHANGES TO OUR SCHEDULE HERE

BOOK YOUR CLASS HERE

- FITNESS & STRENGTH CLASSES
- FUNCTIONAL CLASSES
- MIND & BODY CLASSES
- SPECIALIST CLASSES
- MASTERCLASSES - €20 FOR MEMBERS / €25 FOR NON-MEMBERS