

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 Studio 2
RHYTHM CYCLE 08:30 45min Cycle studio 1	RHYTHM CYCLE & 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	EXPRESS BOXFIT 10:00 45min High Performance Gym	RHYTHM CYCLE 10:00 45min 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	RHYTHM CYCLE 10:00 45min Cycle studio 1	PILATES 10:00 50min NEW Multipurpose room
TABATA 10:30 45min High Performance Gym	EXPRESS BOXFIT 10:30 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	PUMP CONDITIONING 10:15 50min Studio 2	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 11:30 75min NEW Multipurpose room	BREATHE AND STRETCH 11:00 60min 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 11:30 75min NEW Multipurpose room	YOGALATES 11:00 55min Multipurpose room	EXPRESS BOXFIT 17:00 45min High Performance Gym	GUIDED MEDITATION 12:00 30min Multipurpose room	
BOOTY BURN 17:00 45min Studio 2	GOLF SPECIFIC FITNESS 12:00 40min Studio 2	RHYTHM CYCLE 17:00 45min Cycle studio 1	GOLF SPECIFIC FITNESS 12:00 40min Studio 2			
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					
	PILATES 18:15 45min NEW Multipurpose room					

FITNESS SCHEDULE

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

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Book a free group fitness consultation at reception or at campusclasses@quintadolago.com

- FITNESS & STRENGTH CLASSES
- FUNCTIONAL CLASSES
- MIND & BODY CLASSES
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- MASTERCLASSES - FREE FOR MEMBERS / €15 FOR NON-MEMBERS