

# FITNESS CLASSES\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>RHYTHM CYCLE WATTS POWER</b> 08:30 45min Cycle studio 1	<b>RHYTHM CYCLE</b> 08:45 45min Cycle studio 1	<b>BOOTCAMP</b> 08:30 45min Meet in the HP gym	<b>RHYTHM CYCLE</b> 08:00 45min Cycle studio 1	<b>RHYTHM CYCLE WATTS POWER</b> 08:30 45min Cycle studio 1	<b>CORE CONDITIONING &amp; STRENGTH</b> 08:00 45min Studio 2	<b>RHYTHM CYCLE AND CORE</b> 09:00 45min Cycle studio 1 <b>NEW</b>
<b>BEACH BOOTCAMP</b> 08:30 60min Meet at The Shack car park	<b>HIIT</b> 09:00 45min High performance gym	<b>CORE CONDITIONING &amp; STRENGTH</b> 09:30 40min Studio 2	<b>RHYTHM CYCLE</b> 09:00 45min Cycle studio 1	<b>BEACH BOOTCAMP</b> 08:30 60min Meet at The Shack car park	<b>HIIT</b> 09:00 45min Studio 2	<b>RHYTHM CYCLE</b> 10:00 45min Cycle studio 1
<b>CORE CONDITIONING &amp; STRENGTH</b> 09:30 40min Studio 2	<b>EXPRESS BOXFIT</b> 10:00 45min High performance gym	<b>MEN'S STRENGTH AND STRETCH</b> 10:30 45min High performance gym or First floor terrace	<b>EXPRESS BOXFIT</b> 10:00 45min High performance gym	<b>CORE CONDITIONING &amp; STRENGTH</b> 09:30 45min Studio 2	<b>RHYTHM CYCLE</b> 10:00 45min Cycle studio 1	<b>PILATES</b> 10:00 50min Multipurpose room <b>NEW</b>
<b>TABATA</b> 10:30 45min High performance gym	<b>BARRE FITNESS</b> 10:00 45min Studio 2	<b>PILATES</b> 10:30 50min Multipurpose room	<b>LEGS, BUMS AND TUMS</b> 10:00 45min Studio 2 <b>NEW</b>	<b>POWER WORKOUT</b> 10:30 50min High performance gym <b>NEW</b>	<b>BOXFIT</b> 10:00 45min High performance gym	<b>BODY CONDITIONING</b> 11:00 45min Studio 2 <b>NEW</b>
<b>PILATES</b> 10:30 50min Multipurpose room	<b>YOGALATES</b> 11:00 55min Multipurpose room	<b>PUMP CONDITIONING</b> 10:30 50min Studio 2	<b>YOGALATES</b> 11:00 55min Multipurpose room	<b>PILATES</b> 10:30 50min Multipurpose room	<b>BREATHE AND STRETCH</b> 11:00 60min Multipurpose room	<b>YOGA</b> 11:00 60min Multipurpose room
<b>BOUNCE</b> Mini trampoline workout 11:30 45min Studio 2	<b>GOLF SPECIFIC FITNESS</b> 12:00 40min Studio 2	<b>BOUNCE</b> Mini trampoline workout 11:30 45min Studio 2	<b>GOLF SPECIFIC FITNESS</b> 12:00 40min Studio 2	<b>PUMP CONDITIONING</b> 11:30 50min Studio 2	<b>GUIDED MEDITATION</b> 12:00 30min Multipurpose room	<b>RELAXATION &amp; MEDITATION</b> 12:00 30min Multipurpose room
<b>MEN'S MOBILITY AND FASCIA RELEASE</b> 11:30 45min Multipurpose room	<b>CHI AND BREATHWORK</b> 16:45 60min Multipurpose room <b>NEW</b>	<b>YOGA AND MEDITATION</b> 11:30 60min Multipurpose room	<b>BOUNCE</b> Mini trampoline workout 17:00 45min Studio 2	<b>YOGA AND MEDITATION</b> 11:30 60min Multipurpose room	<p><b>NEW TO GROUP FITNESS CLASSES AND UNSURE OF WHAT CLASSES ARE FOR YOU?</b></p> <p>Book a free group fitness consultation at reception or at <a href="mailto:campusclasses@quintadolago.com">campusclasses@quintadolago.com</a></p>	
<b>HIIT</b> 17:00 45min High performance gym	<b>LEGS, BUMS AND TUMS</b> 17:00 45min Studio 2 <b>NEW</b>	<b>RHYTHM CYCLE WATTS POWER</b> 17:00 45min Cycle studio 1	<b>CARDIO COMBAT</b> 18:00 45min Studio 2	<b>HIIT</b> 17:00 45min High performance gym or Studio 2		
<b>BALLET FIT</b> 18:00 45min Studio 2	<b>TAI CHI</b> 17:45 50min Multipurpose room <b>NEW</b>	<b>BARRE FITNESS</b> 18:00 45min Studio 2				
<b>DYNAMIC STRETCH AND BALANCE</b> 18:45 45min Studio 2	<b>RHYTHM CYCLE</b> 18:00 45min Cycle studio 1	<b>YOGA RESTORE AND RELAX</b> 18:45 50min Multipurpose room				
	<b>PILATES</b> 18:45 50min Multipurpose room <b>NEW</b>					

\*This schedule may change according to demand.

**BOOK YOUR CLASS HERE**

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