

FITNESS CLASSES*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLE 08:30 45min Studio 2	RHYTHM CYCLE 08:45 45min Studio 2	BOOTCAMP 08:30 45min Meet in the HP gym	RHYTHM CYCLE 08:00 45min Studio 2	RHYTHM CYCLE 08:30 45min Studio 2	CORE CONDITIONING & STRENGTH 08:00 45min Studio 2	RHYTHM CYCLE AND CORE 09:00 45min Studio 2
BEACH BOOTCAMP 08:30 60min Meet at The Shack car park	HIIT 09:00 45min High performance gym	CORE CONDITIONING & STRENGTH 09:30 40min Studio 2	RHYTHM CYCLE 09:00 45min Studio 2	BEACH BOOTCAMP 08:30 60min Meet at The Shack car park	HIIT 09:00 45min Studio 2	RHYTHM CYCLE 10:00 45min Studio 2
CORE CONDITIONING & STRENGTH 09:30 40min Studio 2	EXPRESS BOXFIT 10:00 45min High performance gym	MEN'S STRENGTH AND STRETCH 10:30 45min High performance gym	EXPRESS BOXFIT 10:00 45min High performance gym	CORE CONDITIONING & STRENGTH 09:30 45min Studio 2	RHYTHM CYCLE 10:00 45min Studio 2	YOGA 11:00 60min Multipurpose room
TABATA 10:30 45min High performance gym	BARRE FITNESS 10:00 45min Studio 2	PILATES 10:30 50min Multipurpose room	LEGS, BUMS AND TUMS 10:00 45min NEW Studio 2	TABATA 10:30 50min High performance gym	BOXFIT 10:00 45min High performance gym	RELAXATION & MEDITATION 12:00 30min Multipurpose room
PILATES 10:30 50min Multipurpose room	YOGALATES 11:00 55min Multipurpose room	PUMP CONDITIONING 10:30 50min Studio 2	YOGALATES 11:00 55min Multipurpose room	PILATES 10:30 50min Multipurpose room	BREATHE AND STRETCH 11:00 60min Multipurpose room	
JUMP 11:30 45min Studio 2	GOLF SPECIFIC FITNESS 12:00 40min Studio 2	JUMP 11:30 45min Studio 2	GOLF SPECIFIC FITNESS 12:00 40min Studio 2	PUMP CONDITIONING 11:30 50min Studio 2	GUIDED MEDITATION 12:00 30min Multipurpose room	
MEN'S MOBILITY AND FASCIA RELEASE 11:30 45min Multipurpose room	LEGS, BUMS AND TUMS 17:00 45min NEW Studio 2	YOGA AND MEDITATION 11:30 60min Multipurpose room	JUMP 17:00 45min Studio 2	YOGA AND MEDITATION 11:30 60min Multipurpose room	<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> <ul style="list-style-type: none"> ● FITNESS & STRENGTH CLASSES ● FUNCTIONAL CLASSES ● MIND & BODY CLASSES ● SPECIALIST CLASSES ● MASTERCLASSES - FREE FOR MEMBERS / €15 FOR NON-MEMBERS 	
HIIT 17:00 45min High performance gym	RHYTHM CYCLE 18:00 45min Studio 2	RHYTHM CYCLE 17:00 45min Studio 2	CARDIO COMBAT 18:00 45min Studio 2	HIIT 17:00 45min High performance gym		
BALLET FIT 18:00 45min Studio 2		BARRE FITNESS 18:00 45min Studio 2		KID'S DANCE CLUB (AGE 7-16 YEARS) 18:00 55min NEW Studio 2		
DYNAMIC STRETCH AND BALANCE FLOW 18:45 45min Studio 2		YOGA RESTORE AND RELAX 18:45 50min Multipurpose room				

*This schedule may change according to demand.

BOOK YOUR CLASS HERE