

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BEACH BOOTCAMP</b> 08:30 60min Meet at The Shack car park	<b>RHYTHM CYCLE</b> 08:00 45min Cycle studio 1	<b>BOOTCAMP</b> 08:30 60min Meet in the HP Gym	<b>PILATES</b> 08:00 45min <b>NEW</b> Multipurpose room	<b>BEACH BOOTCAMP</b> 08:30 60min Meet at The Shack car park	<b>CORE CONDITIONING &amp; STRENGTH</b> 08:00 45min First floor outside terrace	<b>RHYTHM CYCLE AND CORE</b> 09:00 45min <b>NEW</b> Cycle studio 1
<b>RHYTHM CYCLE</b> 08:30 45min Cycle studio 1	<b>RHYTHM CYCLE &amp; CORE</b> 09:00 45min <b>NEW</b> Cycle studio 1	<b>RHYTHM CYCLE</b> 08:30 45min Cycle studio 1	<b>RHYTHM CYCLE</b> 08:00 45min Cycle studio 1	<b>RHYTHM CYCLE WATTS POWER</b> 08:30 45min Cycle studio 1	<b>HIIT</b> 09:00 45min First floor outside terrace	<b>RHYTHM CYCLE</b> 10:00 45min Cycle studio 1
<b>POWER CORE CONDITIONING &amp; STRENGTH</b> 09:30 45min First floor outside terrace	<b>HIIT</b> 09:00 45min First floor outside terrace	<b>CORE CONDITIONING &amp; STRENGTH</b> 09:30 45min First floor outside terrace	<b>RHYTHM CYCLE</b> 09:00 45min Cycle studio 1	<b>BREATHING AND MEDITATION</b> 08:45 45min <b>NEW</b> Multipurpose room	<b>RHYTHM CYCLE</b> 10:00 45min Cycle studio 1	<b>PILATES</b> 10:00 50min <b>NEW</b> Multipurpose room
<b>TABATA</b> 10:30 45min First floor outside terrace	<b>EXPRESS BOXFIT</b> 10:00 45min High Performance Gym	<b>STRENGTH AND STRETCH</b> 10:30 45min First floor outside terrace	<b>EXPRESS BOXFIT</b> 10:00 45min High Performance Gym	<b>TAI CHI</b> 09:30 50min <b>NEW</b> Multipurpose room	<b>EXPRESS BOXFIT</b> 10:00 45min High Performance Gym	<b>BODY CONDITIONING</b> 11:00 45min <b>NEW</b> Studio 2
<b>PILATES</b> 10:30 50min Multipurpose room	<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 <b>NEW</b> Studio 2	<b>CORE CONDITIONING &amp; STRENGTH</b> 09:30 45min First floor outside terrace	<b>PUMP CONDITIONING</b> 10:15 45min Studio 2	<b>YOGA</b> 11:00 60min Multipurpose room
<b>DANCE FUSION</b> 10:30 45min <b>NEW</b> Studio 2	<b>YOGA</b> 10:00 55min <b>NEW</b> Multipurpose room	<b>PUMP CONDITIONING</b> 10:30 50min Studio 2	<b>YOGA</b> 10:00 55min <b>NEW</b> Multipurpose room	<b>POWER WORKOUT</b> 10:30 50min <b>NEW</b> First floor outside terrace	<b>BOUNCE</b> Mini trampoline workout 11:05 45min Studio 2	<b>RELAXATION &amp; MEDITATION</b> 12:00 30min Multipurpose room
<b>MOBILITY AND FASCIA RELEASE</b> 11:30 45min Multipurpose room	<b>YOGALATES</b> 11:00 55min Multipurpose room	<b>BOUNCE</b> Mini trampoline workout 11:30 45min 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>BOOTY BURN</b> 17:00 45min <b>NEW</b> Studio 2	<b>GOLF SPECIFIC FITNESS</b> 12:00 40min Studio 2	<b>YIN YOGA</b> 11:30 75min <b>NEW</b> Multipurpose room	<b>GOLF SPECIFIC FITNESS</b> 12:00 40min Studio 2	<b>YIN YOGA</b> 11:30 75min <b>NEW</b> Multipurpose room	<b>GUIDED MEDITATION</b> 12:00 30min Multipurpose room	
<b>BALLET FIT</b> 18:00 45min Studio 2	<b>LEGS, BUMS AND TUMS</b> 17:00 45min <b>NEW</b> Studio 2	<b>RHYTHM CYCLE</b> 17:00 45min Cycle studio 1	<b>RHYTHM CYCLE</b> 17:00 45min Cycle studio 1	<b>EXPRESS BOXFIT</b> 17:00 45min High Performance Gym	<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>DYNAMIC STRETCH AND BALANCE</b> 18:45 45min Studio 2	<b>RHYTHM CYCLE</b> 18:00 45min Cycle studio 1	<b>BARRE FITNESS</b> 18:00 45min Studio 2	<b>CARDIO COMBAT</b> 18:00 45min Studio 2			
	<b>PILATES</b> 18:00 50min <b>NEW</b> Multipurpose room					

# FITNESS SCHEDULE

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