

FITNESS CLASSES*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLE WATTS POWER 08:30 45min Cycle studio 1	RHYTHM CYCLE 08:45 45min Cycle studio 1	RHYTHM CYCLE 08:30 45min Cycle studio 1	RHYTHM CYCLE 08:00 45min Cycle studio 1	RHYTHM CYCLE WATTS POWER 08:30 45min Cycle studio 1	CORE CONDITIONING & STRENGTH 08:00 45min First floor outside terrace	RHYTHM CYCLE AND CORE 09:00 45min NEW Studio 2
BEACH BOOTCAMP 08:30 60min Meet at The Shack car park	HIIT 09:00 45min High performance gym	BEACH BOOTCAMP 08:30 60min Meet at The Shack car park	RHYTHM CYCLE 09:00 45min Cycle studio 1	BEACH BOOTCAMP 08:30 60min Meet at The Shack car park	HIIT 09:00 45min First floor outside terrace	RHYTHM CYCLE 10:00 45min Studio 2
CORE CONDITIONING & STRENGTH 09:30 40min Studio 2	EXPRESS BOXFIT 10:00 45min High performance gym	CORE CONDITIONING & STRENGTH 09:30 40min Studio 2	EXPRESS BOXFIT 10:00 45min High performance gym	BREATHING AND MEDITATION ** 08:45 45min NEW Multipurpose room	RHYTHM CYCLE 10:00 45min Cycle studio 1	PILATES 10:00 50min NEW Multipurpose room
TABATA 10:30 45min First floor outside terrace	BARRE FITNESS 10:00 45min Studio 2	STRENGTH AND STRETCH 10:30 45min NEW First floor outside terrace	LEGS, BUMS AND TUMS 10:00 45min NEW Studio 2	TAI CHI ** 09:30 50min NEW Multipurpose room	BOXFIT 10:00 45min High performance gym	BODY CONDITIONING 11:00 45min NEW Studio 2
PILATES 10:30 50min Multipurpose room	YOGA 10:00 55min NEW Multipurpose room	PILATES 10:30 50min Multipurpose room	YOGA 10:00 55min NEW Multipurpose room	CORE CONDITIONING & STRENGTH 09:30 45min First floor outside terrace	BREATHE AND STRETCH 11:00 60min Multipurpose room	YOGA 11:00 60min Multipurpose room
BOUNCE Mini trampoline workout 11:30 45min Studio 2	YOGALATES 11:00 55min Multipurpose room	PUMP CONDITIONING 10:30 50min Studio 2	YOGALATES 11:00 55min Multipurpose room	POWER WORKOUT 10:30 50min NEW First floor outside terrace	GUIDED MEDITATION 12:00 30min Multipurpose room	RELAXATION & MEDITATION 12:00 30min Multipurpose room
MOBILITY AND FASCIA RELEASE NEW 11:30 45min Multipurpose room	GOLF SPECIFIC FITNESS 12:00 40min Studio 2	BOUNCE Mini trampoline workout 11:30 45min Studio 2	GOLF SPECIFIC FITNESS 12:00 40min Studio 2	PILATES 10:30 50min 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>	
HIIT 17:00 45min High performance gym	LEGS, BUMS AND TUMS NEW 17:00 45min Studio 2	YIN YOGA NEW 11:30 60min Multipurpose room	CORE CONDITIONING & STRENGTH 17:00 45min Studio 2	YIN YOGA NEW 11:30 60min Multipurpose room		
BALLET FIT 18:00 45min Studio 2	RHYTHM CYCLE 18:00 45min Cycle studio 1	RHYTHM CYCLE WATTS POWER 17:00 45min Cycle studio 1	CARDIO COMBAT 18:00 45min Studio 2	PUMP CONDITIONING 11:30 50min Studio 2		
DYNAMIC STRETCH AND BALANCE 18:45 45min Studio 2	PILATES 18:00 50min NEW Multipurpose room	BARRE FITNESS 18:00 45min Studio 2		HIIT 17:00 45min High performance gym or Studio 2		
		YOGA RESTORE AND RELAX 18:45 50min Multipurpose room				

*This schedule may change according to demand.

** These classes will start from 10th June.

BOOK YOUR CLASS HERE

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