

FITNESS CLASSES*

*This shedule may change according to demand and subject to government rules and regulations;

BOOK YOUR CLASS HERE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLE 08:00 45min First floor outside terrace	RHYTHM CYCLE 08:45 45min First floor outside terrace	RHYTHM CYCLE 08:00 45min First floor outside terrace	RHYTHM CYCLE 08:00 45min First floor outside terrace	RHYTHM CYCLE 08:00 45min First floor outside terrace	HIIT 09:00 45min First floor outside terrace	RHYTHM CYCLE 09:00 45min First floor outside terrace
BEACH BOOTCAMP 08:30 60min Meet at the Shack car park	HIIT 09:00 45min Outside HP gym	RHYTHM CYCLE 09:00 45min First floor outside terrace	RHYTHM CYCLE 09:00 45min First floor outside terrace	BEACH BOOTCAMP 08:30 60min Meet at the Shack car park	RHYTHM CYCLE 10:00 45min First floor outside terrace	RHYTHM CYCLE 10:00 45min First floor outside terrace
RHYTHM CYCLE 09:00 45min First floor outside terrace	EXPRESS BOXFIT 10:00 45min Outside HP gym	CORE CONDITIONING AND STRENGTH 10:00 40min First floor outside terrace	EXPRESS BOXFIT 10:00 45min Outside HP gym	RHYTHM CYCLE 09:00 40min First floor outside terrace	EXPRESS BOXFIT 10:00 45min Outside HP gym	YOGA 11:00 60min First floor outside terrace
CORE CONDITIONING AND STRENGTH 10:00 40min First floor outside terrace	BARRE FITNESS 10:00 45min First floor outside terrace	MEN'S STRENGTH AND STRETCH 11:00 40min NEW Outside HP gym	BARRE FITNESS 10:00 45min First floor outside terrace	CORE CONDITIONING AND STRENGTH 10:00 45min First floor outside terrace	BREATHE AND STRETCH 11:00 60min First floor outside terrace	RELAXATION AND MEDITATION 12:00 30min First floor outside terrace
TABATA 10:30 45min Outside HP gym	YOGALATES 11:00 50min First floor outside terrace	PILATES 11:00 50min First floor outside terrace	YOGALATES 11:00 50min First floor outside terrace	TABATA 10:30 45min Outside HP Gym	GUIDED MEDITATION 12:00 30min First floor outside terrace	
PILATES 11:00 50min First floor outside terrace	GOLF SPECIFIC FITNESS 12:00 40min First floor outside terrace	PUMP CONDITIONING 11:00 45min Studio 2 outside terrace	GOLF SPECIFIC FITNESS 12:00 40min Studio 2 outside terrace	PILATES 11:00 50min First floor outside terrace		
YOGA FOR BEGINNERS 12:00 50min First floor outside terrace	CHILDRENS YOGA (8-14 YEARS) 17:00 45min First floor outside terrace	YOGA AND MEDITATION 12:00 50min First floor outside terrace	RESTORATIVE YOGA 12:00 50min First floor terrace	YOGA AND MEDITATION 12:00 50min First floor terrace		
MEN'S MOBILITY AND FASCIA RELEASE 16:15 40min NEW First floor outside terrace	RHYTHM CYCLE 18:00 45min First floor outside terrace	RHYTHM CYCLE 17:00 45min First floor outside terrace	KID'S BOXFIT (AGE 5-10 YEARS) 17:00 45min Outside HP gym or Outdoor green area	HIIT 17:00 45min Outside HP gym or First floor terrace		
HIIT 17:00 45min Outside HP gym or First floor outside terrace	EXPRESS TABATA 19:00 30min First floor outside terrace	YOGA RESTORE AND RELAX 18:15 50min First floor outside terrace	JUMP 17:00 45min NEW First floor outside terrace			
BALLET FIT 18:15 45min NEW First floor outside terrace			PUMP CONDITIONING 18:00 50min First floor outside terrace			
DYNAMIC STRETCH AND BALANCE 19:00 45min NEW First floor outside terrace			EXPRESS CORE 19:00 30min First floor outside terrace			

NEW TO GROUP FITNESS CLASSES AND UNSURE OF WHAT CLASSES ARE FOR YOU?

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