

# OUTDOOR & ONLINE FITNESS CLASSES\*

\*This schedule may change according to demand; Our flex classes arrived! Stay stronger together with The Campus live classes. Come in person or join in online. We're ready for you!

**BOOK NOW**

- FITNESS & STRENGTH CLASSES
- FUNCTIONAL CLASSES
- MIND & BODY CLASSES
- SPECIALIST CLASSES
- ONLINE CLASSES
- MASTERCLASSES - 15€ NON MEMBERS/ 10€ MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>RHYTHM CYCLE</b> 08:00 40min Studio 1 outside terrace	<b>RHYTHM CYCLE</b> 08:00 40min Studio 1 outside terrace	<b>RHYTHM CYCLE</b> 08:00 40min Studio 1 outside terrace	<b>RHYTHM CYCLE</b> 08:00 40min Studio 1 outside terrace	<b>RHYTHM CYCLE</b> 08:00 40min Studio 1 outside terrace	<b>HIIT</b> 09:00 40min Outside HP gym	<b>RHYTHM CYCLE</b> 09:00 40min Studio 1 outside terrace
<b>BEACH BOOTCAMP</b> 08:30 60min Meet at the Shack car park	<b>HIIT</b> 09:00 40min Outside HP gym	<b>RHYTHM CYCLE</b> 09:00 40min Studio 1 outside terrace	<b>RHYTHM CYCLE</b> 09:00 40min Studio 1 outside terrace	<b>BEACH BOOTCAMP</b> 08:30 60min Meet at the Shack car park	<b>HIIT</b> 09:45 40min Outside HP gym	<b>RHYTHM CYCLE</b> 10:00 40min Studio 1 outside terrace
<b>RHYTHM CYCLE</b> 09:00 40min Studio 1 outside terrace	<b>HIIT</b> 10:00 40min Outside HP gym	<b>CORE CONDITIONING AND STRENGTH</b> 10:00 30min Outside HP gym	<b>EXPRESS BOXFIT</b> 10:00 40min Outside HP Gym	<b>RHYTHM CYCLE</b> 09:00 40min Studio 1 outside terrace	<b>EXPRESS BOXFIT</b> 10:30 40min First floor outside terrace	<b>YOGA</b> 11:00 40min Green area outside multipurpose room
<b>CORE CONDITIONING AND STRENGTH ONLINE</b> 10:00 30min Online via Zoom	<b>BARRE FITNESS</b> 10:00 30min Online via Zoom	<b>STRONG ONLINE</b> 10:00 30min Online via Zoom	<b>POWER YOGA ONLINE</b> 10:00 30min Online via Zoom	<b>PILATES</b> 09:00 40min Green area outside multipurpose room	<b>BREATHE AND STRETCH</b> 11:30 40min Green area outside multipurpose room	<b>YOGA</b> 11:45 40min Green area outside multipurpose room
<b>INSTAGRAM LIVE WITH DINAH</b> 10:45 30min Online via Zoom	<b>YOGALATES</b> 11:00 40min Green area outside multipurpose room	<b>PILATES</b> 10:30 40min Green area outside multipurpose room	<b>YOGALATES</b> 11:00 40min Green area outside multipurpose room	<b>PILATES</b> 10:00 40min Green area outside multipurpose room		
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<b>PILATES</b> 11:30 40min Green area outside multipurpose room	<b>GOLF SPECIFIC FITNESS</b> 12:00 40min Outside HP Gym or studio 1 outside terrace	<b>RHYTHM CYCLE</b> 17:00 40min Studio 1 outside terrace	<b>KID'S BOXFIT (AGE 5-10 YEARS)</b> 17:00 45min Outside HP gym 2	<b>STRONG</b> 10:00 40min First floor open terrace or outside HP gym		
<b>POWER YOGA</b> 11:30 40min Green area outside multipurpose room	<b>RHYTHM CYCLE</b> 18:00 40min Studio 1 outside terrace		<b>PUMP CONDITIONING</b> 17:00 45min Studio 1 outside terrace	<b>HIIT</b> 17:00 45min Outside HP gym		
<b>HIIT</b> 17:00 40min Outside HP Gym						