

FITNESS CLASSES*

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

BOOK NOW

FREE GROUP FITNESS CONSULTATION

New to group fitness classes and unsure of what classes are for you? Why not book in for a free group fitness consultation for advice on the best classes to help you reach your fitness goals and for further information about our class programme. Bookings can be made at reception or at campusclasses@quintadolago.com

- 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 08:30 45min Studio 2 outside terrace or studio 2	RHYTHM CYCLE 08:30 45min Studio 2 outside terrace or studio 2	RHYTHM CYCLE 08:30 45min Studio 2 outside terrace or studio 2	RHYTHM CYCLE 09:00 45min Studio 2 outside terrace or studio 2	RHYTHM CYCLE 08:30 45min Studio 2 outside terrace or studio 2	HIIT 09:00 45min First floor terrace or studio 2	RHYTHM CYCLE 09:00 45min Studio 2 outside terrace or studio 2
BEACH BOOTCAMP 08:30 60min Meet at the Shack car park	HIIT 09:00 45min Outside HP gym or HP gym	CORE CONDITIONING & STRENGTH 09:30 40min First floor outside terrace or studio 2	EXPRESS BOXFIT 10:00 45min HP gym or First floor outside terrace	BEACH BOOTCAMP 08:30 60min Meet at the Shack car park	EXPRESS BOXFIT 10:00 45min First floor outside terrace or HP gym	RHYTHM CYCLE 10:00 45min Studio 2 outside terrace or studio 2
CORE CONDITIONING & STRENGTH 09:30 40min First floor outside terrace or studio 2	EXPRESS BOXFIT 10:00 45min HP Gym or First floor outside terrace	PUMP CONDITIONING 10:30 45min Studio 2 outside terrace or studio 2	BARRE FITNESS 10:00 45min Studio 2 outside terrace or studio 2	CORE CONDITIONING & STRENGTH 09:30 45min First floor outside terrace or studio 2	BREATHE AND STRETCH 11:00 60min Multipurpose room	YOGA 11:00 60min First floor outside terrace or Multipurpose room
TABATA 10:30 45min Outside HP gym or HP gym	BARRE FITNESS 10:00 45min Studio 2 outside terrace or studio 2	PILATES 10:30 55min Multipurpose room	YOGALATES 11:00 50min First floor outside terrace or Multipurpose room	PILATES 09:30 55min Multipurpose room	GUIDED MEDITATION 12:00 30min Multipurpose room	RELAXATION & MEDITATION 12:00 30min First floor outside terrace or Multipurpose room
PILATES 10:30 55min Multipurpose room	YOGALATES 11:30 50min First floor outside terrace or Multipurpose room	MEN'S MOBILITY AND FASCIA RELEASE 10:45 30min NEW First floor terrace or green area outside Multipurpose room	GOLF SPECIFIC FITNESS 12:00 45min Studio 2 outside terrace or studio 2	TABATA 10:30 50min HP Gym or Studio 2		
INSTAGRAM LIVE WITH DINAH 10:45 30min First floor outside terrace	GOLF SPECIFIC FITNESS 12:00 45min Studio 2 outside terrace or studio 2	POWER YOGA AND MEDITATION 11:30 60min First floor outside terrace or Multipurpose room	YOGA RESTORE AND RELAX 17:00 50min First floor terrace or Multipurpose room	POWER YOGA AND MEDITATION 11:30 60min Multipurpose room		
YOGA FOR BEGINNERS 11:30 55min First floor outside terrace or Multipurpose room	CHILDRENS YOGA (5-10 YEARS) 17:00 45min Studio 2 or First floor outside terrace	RHYTHM CYCLE 17:00 45min Studio 2 outside terrace	KID'S BOXFIT (AGE 5-10 YEARS) 17:00 45min Outside HP gym or studio 2	HIIT 17:00 45min HP gym or studio 2		
MEN'S MOBILITY AND FASCIA RELEASE 16:30 30min NEW Multipurpose room or First floor terrace	RUNNING CLUB 17:00 45min NEW Campus running track / meet at reception	BARRE FITNESS 18:15 45min Studio 2 outside terrace or studio 2	PUMP CONDITIONING 18:00 50min Studio 2 outside terrace or studio 2			
HIIT 17:00 45min Outside HP gym or HP gym	RHYTHM CYCLE 18:00 45min Studio 2 outside terrace or studio 2		EXPRESS CORE 19:00 30min Studio 2 outside or studio 2			
	RHYTHM CYCLE 19:00 45min Studio 2 outside terrace or studio 2					