

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER WORKOUT 07:30 30min Studio 2	RHYTHM CYCLE 08:00 45min Cycle studio 1	BOOTCAMP Open to all levels 08:00 45min Meet in the HP Gym	PILATES HIIT 08:00 45min Multipurpose room	HIIT 07:30 45min Studio 2	YOGA 08:00 55min Multipurpose room	RHYTHM CYCLE AND CORE 09:00 45min Cycle studio 1
YOGA 08:00 55min Multipurpose room	RHYTHM CYCLE AND CORE 09:00 45min Cycle studio 1	RHYTHM CYCLE 08:30 45min Cycle studio 1	RHYTHM CYCLE 09:00 45min Cycle studio 1	BEACH BOOTCAMP 08:30 60min Meet at The Shack car park	YOGALATES 09:00 55min Multipurpose room	RHYTHM CYCLE 10:00 45min Cycle studio 1
BEACH BOOTCAMP 08:30 60min Meet at The Shack car park	HIIT 09:00 45min High Performance Gym	CORE CONDITIONING & STRENGTH 09:30 45min Studio 2	STRENGTH AND STRETCH 09:15 40min Multipurpose room	RHYTHM CYCLE 08:30 45min Cycle studio 1	HIIT 09:00 45min Studio 2	PILATES 10:00 50min Multipurpose room
RHYTHM CYCLE 08:30 45min Cycle studio 1	EXPRESS BOXFIT 10:00 45min High Performance Gym	PILATES 10:30 50min Multipurpose room	LEGS, BUMS AND TUMS 10:00 45min Studio 2	CORE CONDITIONING & STRENGTH 09:30 45min Studio 2	EXPRESS BOXFIT 10:00 45min High Performance Gym	BODY CONDITIONING 11:00 45min Studio 2
CORE CONDITIONING & STRENGTH 09:30 45min Studio 2	BARRE FITNESS 10:00 45min Studio 2	PUMP CONDITIONING 10:30 50min Studio 2	EXPRESS BOXFIT 10:00 45min High Performance Gym	POWER WORKOUT 10:30 50min Studio 2	RHYTHM CYCLE 10:00 45min Cycle studio 1	YOGA 11:00 60min Multipurpose room
TABATA 10:30 45min High Performance Gym	YOGA 10:00 55min Multipurpose room	BOUNCE Mini trampoline workout 11:30 45min First floor terrace	YOGA 10:00 55min Multipurpose room	PILATES 10:30 50min Multipurpose room	PUMP CONDITIONING 10:15 50min Studio 2	RELAXATION & MEDITATION 12:00 30min Multipurpose room
PILATES 10:30 50min Multipurpose room	YOGALATES 11:00 55min Multipurpose room	YIN YOGA AND MINDFULNESS MEDITATION 11:30 90min Multipurpose room	YOGALATES 11:00 55min Multipurpose room	YIN YOGA AND MINDFULNESS MEDITATION 11:30 90min Multipurpose room	BREATHE AND STRETCH 11:00 60min Multipurpose room	
DANCE FUSION 10:30 45min Studio 2	PILATES 18:15 45min Multipurpose room	RHYTHM CYCLE 17:00 45min Cycle studio 1	GOLF SPECIFIC FITNESS 12:00 40min Studio 2	EXPRESS BOXFIT 17:00 45min High Performance Gym	BOUNCE Mini trampoline workout 11:05 45min Studio 2	
MOBILITY AND FASCIA RELEASE 11:30 45min Multipurpose room		BARRE FITNESS 18:00 45min Studio 2	MINDFULNESS GUIDED MEDITATION 12:00 30min NEW Multipurpose room	YIN YOGA 18:15 75min Multipurpose room	GUIDED MEDITATION 12:00 30min Multipurpose room	
BOOTY BURN 17:00 45min Studio 2		BALLET SCULPT 18:45 30min Studio 2	HIIT 17:00 45min Studio 2			
BALLET FIT 18:00 45min Studio 2			CORE 18:00 45min Studio 2			
DYNAMIC STRETCH AND BALANCE 18:45 45min Studio 2						

FITNESS SCHEDULE

Note: please ensure bags and personal belongings are stored in lockers as they are not permitted in the studio and teaching spaces for Health & Safety reasons.

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

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

- FITNESS & STRENGTH CLASSES
- FUNCTIONAL CLASSES
- MIND & BODY CLASSES
- SPECIALIST CLASSES
- MASTERCLASSES - €20 FOR MEMBERS / €25 FOR NON-MEMBERS

TRIATHLON & SWIMMING SCHEDULE

This schedule may change according to demand.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRISWIM 09:30 60min	KIDS BEGINNERS 16:00 40min	OPEN WATER At the Lake 09:30 60min	SWIM, CYCLE, RUN At the Lake 09:30 120min	KIDS BEGINNERS 16:00 40min
ADULTS SWIM 12:00 60min	KIDS INTERMEDIATE 16:50 40min	ADULTS SWIM 12:00 60min		KIDS INTERMEDIATE 16:50 40min
TRIATHLON FOR KIDS 17:30 90min		TRIATHLON FOR KIDS 17:30 90min		

- +15 YEARS OLD
- ADULTS
- CHILDRENS

TENNIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHOT OF THE WEEK 10:00 - 11:00	CARDIO TENNIS 10:00 - 12:00	TENNIS TACTICS 10:00 - 11:00	CARDIO TENNIS 10:00 - 12:00	DOUBLES STRATEGY 10:00 - 11:00	ROOKIE ORANGES 09:00 - 10:00
TINY REDS 17:00 - 18:00	JUNIOR PERFORMANCE 17:00 - 19:00	TINY REDS 17:00 - 18:00	JUNIOR PERFORMANCE 17:00 - 19:00	JUNIOR PERFORMANCE 16:00 - 18:00	TINY REDS 10:00 - 11:00
STAR GREENS 17:00 - 18:30		STAR GREENS 17:00 - 18:30	OPEN DOUBLES 18:00 - 20:00	STAR GREENS 17:00 - 18:30	OPEN DOUBLES 10:00 - 12:00
JUNIOR PERFORMANCE 17:30 - 19:30		JUNIOR PERFORMANCE 17:00 - 19:00		JUNIOR DEVELOPMENT 18:30 - 20:00	
ROOKIE ORANGES 18:00 - 19:00		ROOKIE ORANGES 18:00 - 19:00			
JUNIOR DEVELOPMENT 18:30 - 20:00		JUNIOR DEVELOPMENT 18:30 - 20:00			
		MIX TRAINING 19:00 - 20:00			

TENNIS & PADEL SCHEDULE

Courts available for rental 7 days a week.
This schedule may change according to demand.

*Please note that the weekly tennis activities will take priority over all courts and bookings.

PADEL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PADEL TRAINING (LEVEL 4) 09:00 - 10:30	PADEL TRAINING (LEVEL 3) 09:00 - 10:30	PADEL TRAINING (LEVEL 4) 09:00 - 10:30	PADEL TRAINING (LEVEL 3) 09:00 - 10:30	PADEL TRAINING (LEVEL 4) 09:00 - 10:30	PADEL KIDS (AGES 6-14) 09:00 - 10:00	PADEL KIDS (AGES 6-14) 09:00 - 10:00
SHOT OF THE WEEK 11:00 - 12:00	PADEL LEAGUE (LEVEL 4) 17:00 - 18:30	LADIES PADEL TRAINING 17:00 - 18:30	MATCH & TACTICS (LEVEL 3) 17:00 - 18:30	SHOT OF THE WEEK 11:00 - 12:00	ORGANISED GAMES FOR ALL 10:00 - 12:00	PADEL TRAINING (LEVEL 4) 10:00 - 11:30
MATCH & TACTICS (LEVEL 2) 17:30 - 19:00	PADEL LEAGUE (LEVEL 3) 18:30 - 20:00		PADEL LEAGUE (LEVEL 2) 18:30 - 20:00	INTERCLUB TRAINING 18:30 - 20:00		

Classes & activities included in The Campus memberships:

- ANNUAL MEMBERSHIP
- ULTIMATE PADEL MEMBERSHIP
- ULTIMATE TENNIS MEMBERSHIP
- CLASSES FOR JUNIORS ONLY
- TOURNAMENTS NOT INCLUDED IN ANY OF ABOVE MEMBERSHIPS