

FITNESS CLASSES SCHEDULE*

* This schedule may change due to demand.
New class bookings priority from 1st September 2020.
Please consult page 4.

Love to move?

Make every workout count with our group classes, designed to get you moving, fit and having fun.

1-1 classes

1-1 specialized fitness sessions are available including Yoga, Pilates, private Dance Tuition and Calisthenics for members and non-members.

CONTACT US TODAY AT
CAMPUSCLASSES@QUINTADOLAGO.COM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLE 08:30 45min 1st Floor Open Terrace	RHYTHM CYCLE 08:30 45min 1st Floor Open Terrace	RHYTHM CYCLE 08:30 45min 1st Floor Open Terrace	RHYTHM CYCLE 08:00 45min 1st Floor Open Terrace	RHYTHM CYCLE 08:30 45min 1st Floor Open Terrace	RUNNING CLUB 08:00 60min NEW Campus running track Meet at reception	RHYTHM CYCLE 09:00 45min 1st Floor Open Terrace
RHYTHM CYCLE 09:30 40min 1st Floor Open Terrace	HIIT 09:00 45min Outside HP Gym	RHYTHM CYCLE 09:30 45min 1st Floor Open Terrace	RHYTHM CYCLE 09:00 40min 1st Floor Open Terrace	PILATES 09:15 45min Multi-Purpose Room	HIIT 09:15 45min 1st Floor Open Terrace	RHYTHM CYCLE 10:00 45min 1st Floor Open Terrace
CORE CONDITIONING & STRENGTH 09:30 45min Studio 2	EXPRESS BOXFIT 10:00 45min 1st Floor Open Terrace	CORE CONDITIONING & STRENGTH CLASS 09:30 45min Studio 2	EXPRESS BOXFIT 10:00 45min 1st Floor Open Terrace	TABATA 10:00 60min 1st Floor Open Terrace	EXPRESS BOXFIT 10:15 45min 1st Floor Open Terrace	YOGA 11:00 60min Multi-purpose room
TABATA 10:30 45min 1st Floor Open Terrace	BARRE FITNESS 10:00 45min Studio 2	PUMP CONDITIONING 10:30 50min Studio 2	YOGALATES 11:00 60min Multi-Purpose Room	POWER YOGA 11:00 60min Multi-Purpose Room	KIDS HIIT (AGE 5-10) 10:15 45min NEW Studio 2	RELAXATION & MEDITATION 12:00 30min Multi-Purpose Room
PILATES 10:30 55min Multi-Purpose Room	YOGALATES 11:00 60min Multi-Purpose Room	PILATES 10:30 55min Multi-Purpose Room	KID'S BOXFIT (AGE 5-10) 17:00 45min NEW 1st Floor Open Terrace	MINDFUL MOVEMENT & MEDITATION 12:00 30min Multi-Purpose Room	BREATHE AND STRETCH 11:00 60min Multi-Purpose Room	
YOGA 11:30 60min Multi-Purpose Room	GOLF ESPECIFIC FITNESS 12:00 45min Studio 2	POWER YOGA 11:30 60min Multi-Purpose Room	DANCE FUSION 17:00 50min Studio 2		GUIDED MEDITATION 12:00 30min Multi-Purpose Room	
YOGA KIDS (AGES 3-6) 17:00 45min NEW Studio 2	ORGANIC KIDS PLAY (AGE 3-8) 17:00 45min NEW Multi-Purpose Room	BARRE FITNESS 18:00 45min Studio 2				
YOGA 17:00 60min Multi-Purpose Room	RHYTHM CYCLE 18:00 45min 1st Floor Open Terrace					

- FITNESS & STRENGTH CLASSES
- FUNCTIONAL CLASSES
- MIND & BODY CLASSES
- SPECIALIST CLASSES
- CHILDREN'S CLASSES

