

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 08:30 45min First floor outside terrace	RHYTHM CYCLE 08:45 45min First floor outside terrace	BOOTCAMP 08:30 45min Meeting at HP gym	RHYTHM CYCLE 08:00 45min First floor outside terrace	RHYTHM CYCLE 08:30 45min First floor outside terrace	CORE CONDITIONING AND STRENGTH 08:00 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	CORE CONDITIONING AND STRENGTH 09:30 40min 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 First floor outside terrace	RHYTHM CYCLE 10:00 45min First floor outside terrace
CORE CONDITIONING AND STRENGTH 09:30 40min First floor outside terrace	EXPRESS BOXFIT 10:00 45min Outside HP gym	MEN'S STRENGTH AND STRETCH 10:30 40min NEW Outside HP gym	EXPRESS BOXFIT 10:00 45min Outside HP gym	CORE CONDITIONING AND STRENGTH 09:30 45min First floor outside terrace	RHYTHM CYCLE 10:00 45min First floor outside terrace	YOGA 11:00 60min First floor outside terrace
TABATA 10:30 45min Outside HP gym	BARRE FITNESS 10:00 45min First floor outside terrace	PILATES 10:30 50min First floor outside terrace	BARRE FITNESS 10:00 45min First floor outside terrace	TABATA 10:30 50min HP gym	BOXFIT 10:00 45min Outside HP gym	RELAXATION AND MEDITATION 12:00 30min First floor outside terrace
PILATES 10:30 50min First floor outside terrace	YOGALATES 11:00 50min First floor outside terrace	PUMP CONDITIONING 10:30 45min Studio 2 outside terrace	YOGALATES 11:00 50min First floor outside terrace	COMBAT 10:30 45min Studio outside terrace 2	BREATHE AND STRETCH 11:00 60min First floor outside terrace	
JUMP 11:30 45min NEW Studio 2 outside terrace	GOLF SPECIFIC FITNESS 12:00 40min First floor terrace	YOGA AND MEDITATION 11:30 50min First floor outside terrace	GOLF SPECIFIC FITNESS 12:00 40min Studio 2 outside terrace	PILATES 10:30 50min First floor outside terrace	GUIDED MEDITATION 12:00 30min First floor outside terrace	
YOGA FOR BEGINNERS 11:30 50min First floor outside terrace	CHILDRENS YOGA (8-14 YEARS) 17:30 45min First floor outside terrace	RHYTHM CYCLE 17:00 45min First floor outside terrace	RESTORATIVE YOGA 12:00 50min First floor outside terrace	YOGA AND MEDITATION 11:30 50min First floor outside terrace		
MEN'S MOBILITY AND FASCIA RELEASE 16:15 40min NEW First floor outside terrace	LEGS, BUMS AND TUMS 17:00 45min NEW Studio 2 outside terrace	BARRE FITNESS 18:00 45min Studio 2 outside terrace	KID'S BOXFIT (AGE 5-10 YEARS) 17:00 45min First floor outdoor terrace	HIIT 17:00 45min Outside HP gym or First floor terrace		
HIIT 17:00 45min Outside HP gym or First floor outside terrace	RHYTHM CYCLE 18:00 45min First floor outside terrace	YOGA RESTORE AND RELAX 18:45 50min First floor outside terrace	JUMP 17:00 45min NEW Studio 2 outside terrace	BALLET FIT 18:00 45min NEW Studio 2 outside terrace		
BALLET FIT 18:00 45min NEW Studio 2 outside terrace	EXPRESS TABATA 19:00 30min First floor outside terrace		PUMP CONDITIONING 18:00 50min Studio 2 outside terrace	DYNAMIC STRETCH AND BALANCE 18:45 45min NEW Studio 2 outside terrace		
DYNAMIC STRETCH AND BALANCE 18:45 45min NEW Studio 2 outside terrace			EXPRESS CORE 19:00 30min Studio 2 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