

Active Q Timetable 02 – 15 January 2018

Opening hours: Mon – Fri: 08.00 to 20:00 | Sat: 08.00 to 13.00 | Sun: 08.00 to 13.00

MON	TUE	WED	THUR	FRI	SAT
Pilates w/Alexandra 9.00am	Yoga W/Nordin 09.00am	Pilates w/Andriea 09.00am		Pilates w/Alexandra 9.00am	
Circuits w/Nordin 10.15am				Salsa and tone w/Alex 10.00am	

Price per class = Non-member 10€ & for members = 5€

Please Book at least 2hrs before via telephone or email during the opening hours of gym. Classes may be cancelled due to lack of advance bookings.

For more information or to book call: +351 289 002 986 or Email: activeq@quintadolago.com

Outdoor Active Q Timetable 02 – 15 January 2018

Opening hours: Mon – Fri: 08.00 to 20:00 | Sat: 08.00 to 13:00 | Sun: 08.00 to 13.00

MON	TUE	WED	THUR	FRI	SAT
Beach Boot Camp w/Graham 60mins 09.00am		Beach Boot Camp w/Graham 60mins 09.00am		Beach Boot Camp w/Graham 60mins 9.00am	

Price per class = Non- member 10€ & for members = 5€

Please Book at least 2hrs before via telephone or email during the opening hours of gym

For more information or to book call: +351 289 002 986 or Email: activeq@quintadolago.com

All of the outdoor activities have the meeting point down at the Shack. 2nd roundabout take a right via Aryton Senna, all the way to the end of the road.