

FITNESS CLASSES

DAY	CLASS	TIME	CLASS LENGTH
MONDAY	PILATES MIX	17.00	30 MINS.
	SPINNING	18.00	45 MINS
TUESDAY	CIRCUITS	9.00	1 HOUR
	STRETCH	16.00	30 MINS.
	SPINNING	17.00	45 MINS
WEDNESDAY	PILATES MIX	17.00	30 MINS.
	SPINNING	18.00	30 MINS.
THURSDAY	CIRCUITS	9.00	1 HOUR
	JUNIOR GYM	16.00	40 MINS
	STRETCH	17.00	45 MINS
FRIDAY	STRETCH	17.00	30 MINS.
	SPINNING	18.00	45 MINS

cost per class - €6.50 for full club members, €10.00 for guests

classes may change from the times given - please check with Chris or reception

please book for all classes giving your villa number or contact details

if you book and don't show you will be charged 50% of the class price

contact Chris on: extension 348 (from Fairways) +351 912 442 251 or chriswain@live.co.uk

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