

FITNESS CLASSES

	DAY	CLASS	TIME	CLASS LENGTH
F A I R W A Y S	MONDAY	PILATES MIX	17.00	30 MINS.
		SPINNING	18.00	45 MINS
	TUESDAY	CIRCUITS	9.00	1 HOUR
		STRETCH	16.00	30 MINS.
		CORE STABILITY	17.00	30 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
	SATURDAY	CORE STABILITY	10.00	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