

# CLASS TIMETABLE

## PORTAL GOLF & SPA RESORT

EARLY RISERS

MID MORNING

AFTERNOON

EVENING GOERS

MON	TUE	WED	THU	FRI	SAT	SUN
vital spin 06:30-07:00	vital pump 06:30-07:00	vital spin 06:30-07:00	-	-	-	-
vital circuits 07:15-07:45	-	vital pump 07:00-07:30	-	-	-	-
vital spin 09:30-10:00	-	express pilates with claire 08:00-08:30	-	-	-	-
yoga with katie 10:00-11:00	vital l.b.t 09:00-09:30	vital step class 09:30-10:00	vital spin 09:30-10:00	vital l.b.t 09:15-09:45	-	-
vital pump 10:15-11:00	vital spin 09:45-10:15	vital abs 10:00-10:15	vital pump 10:00-10:45	zumba gold with nicola 10:00-11:00	vital spin 10:00-10:45	vital l.b.t 09:30-10:00
vital aqua 11:00-11:45	vinyasa yoga with leena 10:00-11:00	vital stretch 10:15-10:45	vital stretch 11:00-11:30	-	vital pump 11:00-11:30	vital spin 10:00-10:45
vital step class 11:15-11:45	vital stretch 10:15-10:45	vital aqua 11:00-11:45	yoga fitness with claire 11:00-12:00	vital aqua 11:00-11:45	vital stretch 11:30-12:00	vital circuits 11:00-11:45
vital kettlebells 12:00-12:30	vital pump 12:00-12:30	vital hot stretch 12:30-13:30	pilates with claire 12:00-13:00	yoga with katie 12:00-13:00	-	vital hot stretch 12:00-12:45
vital circuits 14:00-14:30	yoga with katie 12:30-13:30	pilates with claire 17:00-18:00	yin yoga with leena 14:00-15:15	-	-	-
vital boxercise 17:30-18:00	vital hiit 14:00-14:30	vital kettlebells 17:30-18:00	-	vital spin 17:30-18:00	-	-
yoga with katie 17:30-18:30	vital step 17:30-18:00	pilates with claire 18:00-19:00	-	-	-	-
vital spin 18:30-19:00	vital spin 18:30-19:15	vital circuits plus 18:30-19:15	vital spin 18:15-18:45	-	-	-
vital circuits 19:15-20:00	zumba with nicola 18:30-19:30	vinyasa yoga with leena 20:00-21:15	vital pump 19:00-19:45	-	-	-

# CLASS TIMETABLE

## PORTAL GOLF & SPA RESORT

### step class...

the benefits of high intensity without the stress on your joints

### abs...

strength exercise targeting the abdominal muscles

### aqua...

pool based aerobic activity with a great choice of music

### pilates...

strengthen the body with core emphasis with claie

### zumba...

get ready to groove and sweat with high intensity dance class

### boxercise...

beginner friendly group training for technique, fitness & stress

### circuits...

intense group training exercise with a series of exercises targeting the whole body

### zumba gold...

modified zumba class that recreates the original moves you love at a lower intensity

### kettlebells...

a variety of swings, presses or pulling motions involving weights

### spin...

indoor high energy cycling experience that will challenge your legs, lungs & entire body

### stretch...

30 minutes of effective stretching techniques. great for increasing range of motion

### pump...

performing a series of squats, lunges & chest presses with weights to the beat of the music

### l.b.t...

legs, bums & tums - targeting your lower body & strengthening those glutes, abs & hammys

### hiit...

high intensity interval training - combining strength, cardio & flexibility excercises designed to push participants to their limits

### yoga...

work through a sequence of poses to the beat of the music "unleash your inner strength"

### plus classes...

for those wanting the extra push, prepare to test your limits

### hot stretch...

minimum 28 degrees celsius, guaranteed to make you sweat

### OPENING HOURS

Monday-Friday  
06:30-22:00  
(21:00 close on Fridays)

Saturday & Sunday  
07:00-21:00



scan the QR code to book classes

### CHILDREN SWIM TIMES

09:00-11:00 all week  
15:00-18:00 all week

Children must have a membership and be accompanied by an adult at all times