

CLASS TIMETABLE

PORTAL
GOLF & SPA RESORT

	MON	TUE	WED	THU	FRI	SAT	SUN
EARLY RISERS	-	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	vital l.b.t 09:00-09:30	express pilates with claire 08:00-08:30	-	-	-	-
MID MORNING	yoga with katie 10:00-11:00	vital spin 09:45-10:15	vital step 09:30-10:00	vital spin 09:30-10:00	vital l.b.t 09:15-09:45	-	vital l.b.t 09:30-10:00
	vital pump 10:15-11:00	vinyasa yoga with leena 10:00-11:00	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 spin 10:00-10:45
	vital aqua 11:00-11:45	vital stretch 10:15-10:45	vital stretch 10:15-10:45	vital stretch 11:00-11:30	-	vital pump 11:00-11:30	vital circuits 11:00-11:45
AFTERNOON	vital step 11:15-11:45	vital pump 12:00-12:30	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 kettlebells 12:00-12:30	yoga with katie 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	vital l.b.t 14:00-14:30	pilates with claire 17:00-18:00	yoga with leena 14:00-15:15	-	-	-
EVENING GOERS	vital step 17:30-18:00	-	vital kettlebells 17:30-18:00	-	vital spin 17:30-18:00	-	-
	yoga with katie 17:30-18:30	-	pilates with claire 18:00-19:00	-	-	-	-
	vital boxercise 18:30-19:00	vital spin 18:30-19:15	vital circuits plus 18:30-19:15	vital lbt 18:15-18:45	-	-	-
	vital circuits 19:15-20:00	zumba with nicola 18:30-19:30	yin yoga with leena 20:00-21:15	vital abs 18:45-19:15	-	-	-

CLASS DESCRIPTIONS

PORTAL
GOLF & SPA RESORT

step...

the benefits of high intensity without the stress on your joints

boxercise...

beginner friendly group training for technique, fitness & conditioning

circuits...

intense group training with a series of exercises targeting the whole body. 'plus circuits' is for higher intensity...

spin...

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

Leena Yin Yoga...

practice focusing on deep intentional stretches and longer holds. Meditative pace

Leena Vinyasa Yoga...

fluid paced sequences, focusing on alignment, breath & transitions.

hot stretch...

all over body stretching in a 28 degree celcius room

abs...

strength exercise targeting the abdominal muscles & core

stretch...

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

pump...

performing barbell strength exercises with weights to the beat of the music

Nicola zumba gold...

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

Nicola zumba...

get ready to groove and sweat with high intensity dance class

Katie Slow Flow Vinyasa Yoga...

a slow and mindful vinyasa based practise

aqua...

pool based aerobic activity with a great choice of music

kettlebells...

a variety of swings, presses or pulling motions involving weights

l.b.t...

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

Claire pilates...

strengthen the body with core emphasis with claire

Claire fitness yoga...

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

Claire express pilates...

wake up and shake up your body through sequence of Pilates exercises. Intermediate level

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