

# 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	-	-	-	vital induction 10:00-10:30
	yoga with katie 10:00-11:00	vital spin 09:45-10:15	vital step 09:30-10:00	vital circuits 09:30-10:15	vital l.b.t 09:15-09:45	-	-
MID MORNING	vital pump 10:15-11:00	vinyasa yoga with leena 10:00-11:00	vital abs 10:00-10:15	vital spin 10:30-11:00	zumba gold with nicola 10:00-11:00	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
	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
AFTERNOON	-	-	pilates with claire 17:00-18:00	yoga with leena 14:00-15:15	vital boxercise 17:00-17:30	vital induction 14:00-14:30	-
	vital pump 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 lbt 18:15-18:45	-	-	-
EVENING GOERS	vital circuits 19:15-20:00	-	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

## OPENING HOURS

Monday-Friday  
06:30-22:00

(21:00 close on Fridays)

Saturday & Sunday  
07:00-21:00

## 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

## 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

## vital induction...

Group induction with general overview of how to use the gym equipment

## 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

scan the QR code to book classes



If class attendance is x1 we may cancel the class at our discretion. We ask you cancel no less than 4 hours before class start.