

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 | - | - | - | - |
| | 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 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 hot stretch 12:00-12:45 |
| AFTERNOON | - | yoga with katie 12:30-13:30 | gentle yoga with katie 12:00-13:00 | pilates with claire 12:00-13:00 | yoga with katie 12:00-13:00 | - | - |
| | - | - | pilates with claire 17:00-18:00 | yoga with leena 14:00-15:15 | - | - | - |
| | vital pump 17:30-18:00 | - | vital hiit step 17:30-18:00 | - | vital spin 17:30-18:00 | - | - |
| | yoga with katie 17:30-18:30 | pilates flow with sarah 17:00-18:00 | pilates with claire 18:00-19:00 | - | - | - | - |
| EVENING GOERS | vital boxercise 18:30-19:00 | vital spin 18:30-19:15 | - | vital lbt 18:15-18:45 | - | - | - |
| | 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

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. Availability may vary due to staffing

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 hiit step...

high intensity bodyweight exercise with just you and a step - great calorie burner

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