

GROUP CLASSES

TIMETABLE | HORÁRIO



CARVOEIRO CLUBE TÊNIS E PADEL
Tennis • Padel • Fitness

MON | SEG

**ATHLETIC
CONDITIONING
CIRCUIT**
09:15
Tim (Outside)

LBT BLAST
10:00
Anita (Hall)

ZUMBA
11:00
Nataliya (Studio)

TUES | TER

**THE STRENGTH
ZONE**
Strength, conditioning
and stability
09:00
Tim (Studio)

CARDIO FIT
09:30
Anita (Hall)

PIYO
10:00
Johanna (Studio)

YOGA FLOW
11:00
Jane (Studio)

WED | QUA

PILATES
09:00
Cláudio (Hall)

DANCE FIT
10:00
Anita (Studio)

TABATA SHRED
11:00
Gabrielle (Studio)

THU | QUI

**ATHLETIC
CONDITIONING
CIRCUIT**
09:15
Tim (Outside)

CARDIO FIT
10:00
Anita (Hall)

ZUMBA
11:00
Nataliya (Studio)

FRI | SEX

PILATES
09:00
Cláudio (Hall)

POWER YOGA
10:00
Johanna (Hall)

SAT | SAB

DANCE FIT
10:30
Anita (Studio)

 HIGH INTENSITY / ALTA INTENSIDADE

 MEDIUM INTENSITY / INTENSIDADE MÉDIA

 MIND & BODY/ CORPO E MENTE

GROUP CLASSES



CARVOEIRO CLUBE TÊNIS E PADEL
Tennis • Padel • Fitness

ATHLETIC CONDITIONING CIRCUIT

Series of exercises to improve speed/agility + quickness for sport.

These functional exercises are performed in a circuitbased class.

THE STRENGTH ZONE

using weighted bars for Resistance and body weight exercises for stimulating the core. This total body no impact class will give you a great intense workout. Suitable for all levels of fitness.

PILATES

A full-body workout that promotes strength, stability, flexibility, posture, balance, body control, awareness and alignment.

DANCE FIT

High energy dance inspired aerobic class 30 mins freestyle followed by 30 mins Latin inspired choreography.

LBT BLAST

High intensity, low impact aerobic workout targeting legs, bums and turns stimulating fat burning and toning.

CARDIO FIT

High impact, high energy, cardio conditioning class, light weights used to enhance muscle growth.

POWER YOGA

A fast-paced cardiovascular workout focused on building strength and flexibility in the body through highimpact yoga postures.

ZUMBA

A Latin-inspired aerobic dance workout with easy to follow moves, for all levels to enhance fitness and coordination - and it is all about having fun.

PIYO

Combines the strength training and body lengthening aspects of Pilates with the core training and stretching elements of yoga to create an entirely new workout experience.

TABATA SHRED

is a full-body circuit workout, with 9 stations combining mostly weightlifting and a few cardio exercises. It builds strength, supports safe lifting, and keeps your heart rate high for effective conditioning.

YOGA FLOW

A mixture of meditation, breathwork and energizing movement.



 HIGH INTENSITY / ALTA INTENSIDADE

 MEDIUM INTENSITY / INTENSIDADE MÉDIA

 MIND & BODY/ CORPO E MENTE