



TIMETABLE

MANDALA SAGRÉS

FITNESS & MARTIAL ARTS

YOGA & PILATES

SPECIAL CLASSES

SAUNA & COLD PLUNGE

MONDAY

08:00–08:45 45 MIN ENERGIZE YOGA INDOOR STUDIO · RAQUEL	08:00–09:00 HYBRID OUTDOOR GYM · PETRA	09:00–10:00 HYBRID OUTDOOR GYM · CHRIS	10:00–11:00 MOVE BREATHE MEDITATE INDOOR STUDIO · MICHAEL	10:30–12:00 OPEN SAUNA & COLD PLUNGE RECOVERY GARDEN	12:30–13:30 MAT PILATES INDOOR STUDIO · KRISTIEN
16:30–17:30 SURFSKATE SKATEBOWL · DIEGO	16:30–18:00 JEWELLERY / CREATE WITH CLAY THE TUBE CAFÉ · HUI	17:00–18:00 STRENGTH OUTDOOR GYM · CHRIS	17:30–18:30 KIDS JIU JITSU INDOOR STUDIO · NICK	17:30–19:00 OPEN SAUNA & COLD PLUNGE RECOVERY GARDEN	18:00–19:00 STRENGTH OUTDOOR GYM · CHRIS
18:30–20:00 JIU JITSU INDOOR STUDIO · NICK	19:00–20:30 MEN'S MONDAY SAUNA RECOVERY GARDEN				

TUESDAY

08:00–08:45 45 MIN ENERGIZE YOGA INDOOR STUDIO · RAQUEL	08:00–09:00 MOBILITY OUTDOOR GYM · JANE	09:00–10:00 STRENGTH OUTDOOR GYM · JANE	10:00–11:30 YOGA FOR SURFING INDOOR STUDIO · KLARA	12:30–13:30 STRETCH & FLEX OUTDOOR GYM · JANE	16:00–17:30 ART (DRAWING) INDOOR STUDIO
18:00–19:15 GENTLE VINYASA & YIN INDOOR STUDIO · CHIA	18:00–19:30 SOCIAL SAUNA RECOVERY GARDEN	19:30–20:30 BEGINNER SALSA INDOOR STUDIO · VANDA	19:30–21:00 OPEN SAUNA & COLD PLUNGE RECOVERY GARDEN	20:30–21:30 INTERMEDIATE SALSA INDOOR STUDIO · VANDA	

WEDNESDAY

08:00–09:00 HYBRID OUTDOOR GYM · PETRA	08:00–09:00 BREATHWORK & HIIT INDOOR STUDIO · GIULIA	09:00–10:00 HYBRID OUTDOOR GYM · CHRIS	10:00–11:15 SOMATIC VINYASA INDOOR STUDIO · CAROLA	10:30–12:00 SOCIAL SAUNA RECOVERY GARDEN	12:30–13:30 MAT PILATES INDOOR STUDIO · LISSY
16:30–18:00 SURFSKATE SKATEBOWL · DIEGO	17:30–18:30 KIDS JIU JITSU INDOOR STUDIO · NICK	17:30–19:00 OPEN SAUNA & COLD PLUNGE RECOVERY GARDEN	18:00–19:00 BOXING OUTDOOR GYM · MIGUEL	18:00–19:30 MOVE INDOOR STUDIO · STARTING OCT	18:30–20:00 JIU JITSU INDOOR STUDIO · NICK
19:00–20:30 WOMEN'S WEDNESDAY SAUNA RECOVERY GARDEN	19:30–20:30 HYBRID OUTDOOR GYM · PETRA				

THURSDAY

08:00–09:00 STRENGTH OUTDOOR GYM · PETRA	08:00–09:30 DYNAMIC FLOW INDOOR STUDIO · CHIA	09:00–10:00 STRENGTH OUTDOOR GYM · CHRIS	10:00–11:30 YOGA FOR SURFING INDOOR STUDIO · KLARA	16:00–17:00 MOBILITY OUTDOOR GYM · JANE	17:00–18:00 STRENGTH OUTDOOR GYM · JANE
17:15–18:15 SCULPT (GLUTES & CORE) INDOOR STUDIO · KRISTIEN	18:00–19:30 OPEN SAUNA & COLD PLUNGE RECOVERY GARDEN	18:30–20:00 YIN YOGA INDOOR STUDIO · VIVIAN	19:30–21:00 SAUNA & SOUND RECOVERY GARDEN		

FRIDAY

07:30–08:30 HYBRID OUTDOOR GYM · PETRA	08:00–09:15 SOFT FLOW INDOOR STUDIO · DIANA	09:00–10:00 HYBRID OUTDOOR GYM · CHRIS	10:00–11:30 JIU JITSU INDOOR STUDIO · NICK	10:30–11:30 SURFERS TRAINING OUTDOOR GYM · LUCAS	12:30–13:30 MAT PILATES INDOOR STUDIO
12:30–14:00 OPEN SAUNA & COLD PLUNGE RECOVERY GARDEN	14:30–16:00 OPEN SAUNA & COLD PLUNGE RECOVERY GARDEN	16:30–18:00 SURFSKATE SKATEBOWL · VIVIAN	17:30–18:45 DYNAMIC FLOW INDOOR STUDIO · MICHELLE	19:00–20:00 KICKBOXING OUTDOOR GYM · MIGUEL	19:00–20:30 DANCE INDOOR STUDIO · SOPHIE

SATURDAY

08:00–09:00 FUNCTIONAL TRAINING OUTDOOR GYM · PETRA	09:30–10:30 SCULPT (FULL BODY) INDOOR STUDIO · LUCY	10:00–11:30 KIDS ACTIVITY INDOOR STUDIO · 2€ WALK-IN	12:30–13:30 YOGA NIDRA INDOOR STUDIO · MICHELLE	17:30–18:45 SOFT FLOW INDOOR STUDIO · CARO
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SUNDAY

09:30–10:30 SCULPT (FULL BODY) INDOOR STUDIO · LUCY	10:00–11:30 KICKBOXING OUTDOOR GYM · MIGUEL	10:00–11:30 SILENT SUNDAY SAUNA RECOVERY GARDEN	11:30–13:00 OPEN SAUNA & COLD PLUNGE RECOVERY GARDEN	12:30–13:30 PRIMAL FLOW INDOOR STUDIO · CHIA	16:00–17:00 STRENGTH OUTDOOR GYM · JANE
17:00–18:00 MEDITATION INDOOR STUDIO · MICHÁ	17:00–18:00 STRENGTH OUTDOOR GYM · JANE	17:30–19:00 SOCIAL SAUNA RECOVERY GARDEN	18:00–19:00 STRETCH & FLEX OUTDOOR GYM · JANE	19:00–20:30 BREATHWORK & YIN INDOOR STUDIO · CHAZ	19:00–20:30 OPEN SAUNA & COLD PLUNGE RECOVERY GARDEN

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Private Space & Sauna Bookings available

Please book in advance on the app. A class runs once at least 2 people have signed up.

Times are subject to change; the app is always up to date.

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