TIMETABLE
MANDALA SAGRES

FITNESS & MARTIAL ARTS · YOGA & PILATES · SPECIAL CLASSES · SAUNA & COLD PLUNGE

MONDAY

- 08:00–09:00 HYBRID — OUTDOOR GYM · PETRA
- 09:00–10:00 HYBRID — OUTDOOR GYM · CHRIS
- 10:00–11:00 MOVE. BREATH. MEDITATE. — INDOOR STUDIO · MICHAEL
- 10:30–12:00 OPEN SAUNA & COLD PLUNGE — RECOVERY GARDEN
- 12:30–13:30 MAT PILATES — INDOOR STUDIO · JULIA
- 16:30–17:30 SURFSKATE — SKATEBOWL · DIEGO
- 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 BRAZILIAN JIU JITSU — INDOOR STUDIO · NICK

TUESDAY

- 08:00–08:45 45 MIN ENERGISE 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 & FLEXIBILITY — OUTDOOR GYM · JANE
- 16:00–17:30 ART (DRAWING) — INDOOR STUDIO
- 18:00–19:30 SOCIAL SAUNA — RECOVERY GARDEN
- 18:15–19:30 GENTLE VINYASA & YIN — INDOOR STUDIO · CHIA
- 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
- 10:30–12:00 SOCIAL SAUNA — RECOVERY GARDEN
- 12:30–13:30 MAT PILATES — INDOOR STUDIO · JULIA
- 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 KICKBOXING — OUTDOOR GYM · MIGUEL
- 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 SUNRISE YOGA — 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 · LUCY
- 18:00–19:30 OPEN SAUNA & COLD PLUNGE — RECOVERY GARDEN
- 18:15–19:45 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 HATHA FLOW — INDOOR STUDIO · DIANA
- 10:00–11:30 BRAZILIAN JIU JITSU — INDOOR STUDIO · NICK
- 10:30–11:30 360° SURFERS TRAINING — OUTDOOR GYM · LUCAS
- 12:30–13:30 MAT PILATES — INDOOR STUDIO · KRISTIEN
- 12:30–14:00 OPEN SAUNA & COLD PLUNGE — RECOVERY GARDEN
- 14:00–15:30 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

SATURDAY

- 08:00–09:00 FUNCTIONAL TRAINING — OUTDOOR GYM · PETRA
- 09:30–10:30 SCULPT (FULL BODY) — INDOOR STUDIO · LUCY
- 12:30–13:30 YOGA NIDRA — INDOOR STUDIO · MICHELLE
- 17:30–18:45 SLOW FLOW — INDOOR STUDIO · CARO

SUNDAY

- 09:30–10:30 SCULPT (FULL BODY) — INDOOR STUDIO · KRISTIEN
- 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 STRENGTH — OUTDOOR GYM · JANE
- 17:30–19:00 SOCIAL SAUNA — RECOVERY GARDEN
- 18:00–19:00 STRETCH & FLEXIBILITY — 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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