

SÓL TRAINING SCHEDULE

EVERY MONDAY

- 17:00** - Introductory Training
- 17:30** - Introductory Training
- 18:00** - Stretching & Mobility
- 19:00** - Circuit Training

EVERY TUESDAY

- 19:00** - Yoga



Booking for sport classes is required.
We also invite you to personal trainings.
Find out more at the SÓL Fitness reception.

Booking: sol@stradomhouse.com

EVERY THURSDAY

- 10:00** - Aerial Stretching
- 17:00** - Introductory Training
- 17:30** - Introductory Training
- 18:00** - Stretching & Mobility
- 19:00** - Circuit Training

