

Total Body Conditioning Week Winter 2026: 27th November -3th December

	Friday 27/11	Saturday 28/11	Sunday 29/11	Monday 30/11	Tuesday 01/12	Wednesday 02/12	Thursday 03/12
0730 - 0830 <small>Area - Instructor</small>		*Sunrise Stretch & Mobilise: Silent Fit <small>Beach</small>		Sunrise Stretch & Mobilise: Silent Fit <small>Beach -</small>		*Sunrise Stretch & Mobilise: Silent Fit <small>South Conference Rooftop</small>	
0900 - 0950	Total Body Conditioning <small>Laguna</small>	Hyrox™ <small>Functional Zone</small>	Double Step <small>The Lawn</small>	Body Combat™ <small>Laguna</small>	Partner Step <small>the Lawn</small>	Body Combat™ Rewind Team Teach <small>laguna</small>	Dance Aerobics <small>Laguna - David</small>
0900 - 0950		Body Pump™ <small>Laguna</small>	BUILD <small>5 a Side</small>	StepFit <small>The Lawn</small>	Total Body Conditioning <small>Laguna</small>		
1000 -1050	Dance Aerobics <small>Laguna</small>	Spin Back to the 80s - Silent Fit <small>Body Bike Area - Anna</small>	HiLo Heaven <small>5 a Side</small>	Body Pump™ <small>5aside</small>	Circuit Training: Silent Fit <small>The Lawn</small>	Body Pump™ <small>Laguna</small>	Body Combat™ <small>Laguna - Diana</small>
1000 - 1050		Step Intermediate <small>5aside - David</small>		Dance Aerobics <small>Laguna</small>	Rock n Roll Aerobics <small>NO AREAS AVAILABLES</small>	Body Jam™: Silent Fit <small>The Lawn</small>	
1100 - 1150	Body Attack <small>Laguna</small>	Body Jam™ <small>Laguna</small>	*Spin Team Teach - Silent Fit <small>Body Bike Area -</small>	Body Attack™ <small>5aside</small>	DanceFit: Silent Fit <small>The Lawn</small>	BUILD™ <small>Laguna</small>	*Spin: Silent Disco Silent Fit <small>Body Bike Area - David + Anna</small>
1100 - 1150				Silent Disco Tour <small>Laguna</small>	Talk - The Inflammation Connection <small>Timanfaya - Emma</small>	Body Attack™ Old Skool Team Teach <small>The Lawn</small>	
1200 - 1250	Pilates <small>Laguna</small>	Barre <small>5aside</small>	Mobilise & Meditate <small>5 a Side</small>	Barre <small>5aside</small>	Pilates <small>5aSide</small>	Mobilise & Meditate <small>Volcano</small>	Barre <small>5 a side</small>
1500 - 1550	Step Intermediate <small>5aside</small>	Power & Strength <small>5aside</small>	Total Body Conditioning <small>5aside</small>	*Spin Team Teach <small>Body Bike Area -</small>	Total Body Workout <small>5 a Side</small>	StepFit Team Teach <small>5aside -</small>	Total Body Conditioning <small>Laguna</small>
1500 - 1550			Dance: House <small>The Lawn</small>	Boxing Burn <small>Functional Zone</small>	LIVEwright Boxing <small>Functional Zone</small>		
1600 - 1650	LM Strength Development™ <small>5aside</small>	LM Core™ <small>5aside</small>	Pilates <small>Laguna</small>	Fascia Flow <small>5 a Side</small>	LM Core™ <small>Laguna</small>	Fascia Flow <small>5aside</small>	Step Intermediate <small>Laguna</small>
1600 - 1650		Step Beginners <small>Laguna</small>		Talk - Gut Instinct <small>Timanfaya - Emma</small>	Body Step™ Old Skool <small>5aside</small>	Dance: Latin <small>Laguna</small>	
1700 - 1750	Welcome Class <small>5aside -</small>	Body Combat™ Team Teach <small>5aside</small>	Recovery Stretch <small>Laguna</small>	Dance: Hip Hop <small>5 a Side</small>	Recovery Stretch <small>Laguna</small>	Organised Chaos!! Dance Party <small>5 a side</small>	Euphoria Dance Fitness <small>5 a side</small>
1700 - 1750			DanceFit <small>The Lawn</small>		Step Advanced <small>5 a Side</small>		
Evening	18:30 Meet & Greet <small>Sports Café</small>	18:30 Contrast Therapy: Spa <small>Wellness Centre Spa - NOT BOOKED</small>	19:00 Dinner in the Village** <small>Ana Viciosa, La Santa Village</small>	18:30 Spa <small>Wellness Centre Spa - NOT BOOKED</small>		18:00 Sangria & Farewells <small>El Lago-NOT BOOKED</small>	

Open Classes taught by the TBCW instructors

Classes taught by the TBCW instructors only for the TBCW participants

** Booking required - speak to David or one of the team

ALL CLASSES MUST BE BOOKED IN THE CLUB LA SANTA APP