













# FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>BARRE CLASS</b> BALLET MEETS PILATES</p> <p><b>8 AM</b></p>	 <p><b>MAT PILATES</b> INCREASE FLEXIBILITY, STRENGTHEN, &amp; TONE</p> <p><b>8 AM</b></p>	 <p><b>DANCE</b> WARM UP, LEARN A FUN ROUTINE, &amp; COOL DOWN</p> <p><b>8 AM</b></p>	 <p><b>RESET</b> BREATHWORK, LIGHT STRETCHING, GUIDED MEDITATION, SOUND BOWLS</p> <p><b>8 AM</b></p>	 <p><b>MAT PILATES</b> INCREASE FLEXIBILITY, STRENGTHEN, &amp; TONE</p> <p><b>8 AM</b></p>	 <p><b>CORE</b> BREATHING, BRACING &amp; ABDOMINAL TONING</p> <p><b>8 AM</b></p>	 <p><b>CORE</b> BREATHING, BRACING &amp; ABDOMINAL TONING</p> <p><b>8 AM</b></p>
 <p><b>VINYASA FLOW</b> BLEND OF FLOW AND YIN</p> <p><b>9:15 AM</b></p>	 <p><b>VINYASA FLOW</b> BLEND OF FLOW AND YIN</p> <p><b>9:15 AM</b></p>			 <p><b>VINYASA FLOW</b> BLEND OF FLOW AND YIN</p> <p><b>9:15 AM</b></p>	 <p><b>DANCE</b> WARM UP, LEARN A FUN ROUTINE, &amp; COOL DOWN</p> <p><b>9:15 AM</b></p>	 <p><b>DANCE</b> DANCE FITNESS FUSION</p> <p><b>9:15 AM</b></p>

\*Please sign up in advance  
at the Fitness desk

Classes are approx. 50 mins