

# The Spa at the Peaks Resort

## Group Exercise Schedule : 11.22-11.28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy Thanksgiving	8:00-9:00 am Pilates with Toys <b>Alisia</b>	
9:00-10:00 CycleXtreme <b>Jill</b>	9:00-10:00 am CycleXtreme <b>Laura</b>	9:00-10:00 am Morning Cycle <b>Laura</b>	9:00-10:00 am CycleXtreme <b>Laura</b>	9:00-10:00 CycleXtreme <b>Jill</b>	9:00-10:15 am Vinyasa Yoga <b>Dee</b>	9:00-10:15 am Off the Hill Yoga <b>Julia</b>
10:15-11:45 Restorative Yoga <b>Regan</b>	10:00-11:00 am Pure Strength <b>Laura</b>		10:00-11:00 am Pure Strength <b>Laura</b>	Happy Thanksgiving	9:00-10:00 am CycleXtreme <b>Laura</b>	10:15-11:15 am CycleXtreme <b>Laura</b>
		10:15-11:15 am Strength & Length <b>Debbie</b>	11:00-12:00 pm Barre Xtreme <b>Frannie</b>	Happy Thanksgiving	10:00-11:00 am Pure Strength <b>Laura</b>	
	12:00-12:45 Spin Express <b>Laura</b>	12:00-12:45 Spin Express <b>Alyssa</b>	12:00-12:45 Spin Express <b>Laura</b>	Happy Thanksgiving	11:00-12:15 pm Stacked Yoga:Arms <b>Chanel</b>	
	2:00-3:00 CycleXtreme <b>Jill</b>			Happy Thanksgiving	12:00-12:45 Spin Express <b>Alyssa</b>	
				Happy Thanksgiving	2:00-3:15 Yoga <b>Leanne</b>	
		4:00-5:15 Yin Flow <b>Chanel</b>	4:00-5:15 Apres Ski Yoga <b>Hilary</b>	Happy Thanksgiving	4:00-5:15 Apres Ski Yoga <b>Hilary</b>	4:00-5:15 Apres Ski Yoga <b>Leanne</b>
	5:30 -6:45 Vinyasa Yoga <b>Sarah</b>	5:15-6:15 Unwind <b>Chanel</b>	5:30 -6:45 Vinyasa Yoga <b>Sarah</b>	Happy Thanksgiving	5:30 -6:45 Vinyasa Yoga <b>Sarah</b>	