



**THE PEAKS**  
*Resort & Spa*  
 TELLURIDE

# FITNESS SCHEDULE

## June 5 - October 1, 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00 am - 9:00 am <b>KAIUT YOGA</b> <i>Eliza</i> Yoga Studio	8:00 am - 9:00 am <b>MEDITATION IN RESTORATIVE POSTURES</b> <i>Rhea</i> Yoga Studio	8:00 am - 8:45 am <b>MORNING MAT PILATES</b> <i>Kat</i> Cycle Studio		7:45 am - 8:45 am <b>MEDITATION &amp; JOURNALING</b> <i>Rhea</i> Yoga Studio	8:00 am - 9:00 am <b>MORNING MAT PILATES</b> <i>Melanie</i> Yoga Studio
9:00 am - 10:00 am <b>QI GONG STRENGTH</b> <i>Lucy</i> Cycle Studio	9:15 am - 10:15 am <b>VINYASA SLOW FLOW YOGA</b> <i>Eliza</i> Yoga Studio		9 am - 10:00 am <b>VINYASA FLOW YOGA</b> <i>Valerie</i> Yoga Studio	9:30 am - 10:30 am <b>CIRCUIT TRAINING ON THE LAWN</b> <i>Heather</i> Grass Area by Lap Pool	9:00 am - 10:00 am <b>YOGA SCULPT</b> <i>Lucy</i> Cycle Studio	9:00 am - 10:00 am <b>QI GONG</b> <i>Lucy</i> Cycle Studio
2:30 pm - 3:15 pm <b>FLEXIBILITY FOR SUMMER SPORTS</b> <i>Roby</i> Cycle Studio		9:30 am - 10:30 am <b>CIRCUIT TRAINING ON THE LAWN</b> <i>Heather</i> Grass Area by Lap Pool		10:45 am - 11:45 am <b>STRENGTHEN &amp; LENGTHEN</b> <i>Deb</i> Cycle Studio	10:15 am - 11:15 am <b>MOUNTAIN VIEW MAT PILATES</b> <i>Anikke</i> Cycle Studio	
3:30 pm - 4:15 pm <b>SPIN</b> <i>Roby</i> Cycle Studio		10:45 am - 11:45 am <b>STRENGTHEN &amp; LENGTHEN</b> <i>Deb</i> Cycle Studio	3:00 pm - 4:00 pm <b>MOUNTAIN VIEW MAT PILATES</b> <i>Anikke</i> Cycle Studio	12:00 pm - 1:00 pm <b>VINYASA FLOW YOGA</b> <i>Isabella</i> Yoga Studio		
		4:30 pm - 5:30 pm <b>VINYASA FLOW YOGA</b> <i>Isabella</i> Yoga Studio	5:00 - 6:00 pm <b>BREATHWORK IN NATURE</b> <i>Rhea</i> Yoga Studio			