

FITNESS SCHEDULE

June 5 – October 1, 2023

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