September 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Nutritional Series 10am-11:30am	5	6 Ai Chi/Water Yoga 11am-12:30pm Yoga Sound Healing 2pm-4pm	7	8
9 Gentle Yoga 11am-1pm Pilates 1pm-3pm	10	11 NIA 9:30am-11am	12	13 Gentle Yoga 11am-1pm	14	15
16	17	18 Nutritional Series 10am-11:30am	19	20 Water Yoga 11am-12:15pm	21	22
23 Four Paths of Yoga 2pm-4pm Qigong 11am-1pm	24	25 Nutritional Series 10am-11:30am	26	27 Zumba 11am- 12:30pm	28	29
30 Find Your Venus 2pm-4pm						

Workshop pricing is $45.00/ per person. Trunk shows & mini makeovers take place in the Spa Boutique. Both resort and day spa guests (over the age of 18) are invited to participate. Dates & times subject to change. For reservations please dial +1 (877) 289-7354.

October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 TRX Suspension Training 11am-12:30pm	4 AiChi/ Water Yoga 11am-12:30pm	5	6
7 NIA 11am-12:30pm	8	9 NIA 9:30am-11am	10	11 Gentle Yoga 11am-1pm Yoga Sound Healing 2pm-4pm	12	13
14 Gentle Yoga 11am-1pm Pilates 1pm-3pm	15	16 Nutritional Series 10am-11:30am	17 TRX Suspension Training 11am-12:30pm	18 Water Yoga 11am-12:15pm	19	20
21 Four Paths of Yoga 2pm-4pm	22	23 Nutritional Series 10am-11:30am	24	25 Zumba 11am- 12:30pm	26	27
28 Spirit of Aloha 11am-1pm	29	30	31 TRX Suspension Training 11am-12:30pm			

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November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 AiChi/ Water Yoga 11am-12:30pm	2	3
4	5	6	7	8 Gentle Yoga 11am-1pm Yoga Sound Healing 2pm-4pm	9	10
11 Gentle Yoga 11am-1pm Pilates 1pm-3pm	12	13 NIA 9:30am-11am	14 TRX Suspension Training 11am-12:30pm	15 Water Yoga 11am-12:15pm	16	17
18 Four Paths of Yoga 2pm-4pm NIA 11am-12:30pm	19	20	21	22	23	24
25 Qigong 11am-1pm	26	27	28 TRX Suspension Training 11am-12:30pm	29 Zumba 11am- 12:30pm	30	

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December 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 NIA 11am-12:30pm	3	4	5	6 AiChi/ Water Yoga 11am-12:30pm	7	8
9 Gentle Yoga 11am-1pm Pilates 1pm-3pm	10	11 NIA 9:30am-11am	12 TRX Suspension Training 11am-12:30pm	13 Gentle Yoga 11am-1pm	14	15
16	17	18	19	20 Water Yoga 11am-12:15pm	21	22
23	24	25	26	27 Yoga Sound Healing 2pm-4pm	28 Zumba 11am- 12:30pm	29
30 Four Paths of Yoga 2pm-4pm Qigong 11am-1pm	31					

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