

October



2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					8:00am-9:00am STRENGTH & CONDITIONING - Kori (Movement Studio) 9:30am-10:00am FLOAT FIT - Kori (Spa Pool) 10:30am-11:30am VINYASA YOGA FLOW – Federico (Movement Studio)	8:00am-9:00am SUNRISE HIKE – Federico (Grand View Trail, meet at Movement Studio) 9:00am-10:00am PILATES CORE POWER - Federico (Movement Studio) 10:30am-11:00am FLOATING MEDITATION - Federico (Spa Pool)
3	4	5	6	7	8	9
8:00am-9:00am YOGA FLOW – Federico (Movement Studio) 9:30am-10:30am AQUA FITNESS - Federico (Spa Pool) 11:00am-12:00pm PILATES BODY BALANCE – Federico (Movement Studio)	9:00am-9:30am YOGA FLOAT - Federico (Spa Pool) 10:00am-11:00am BOOTCAMP - Federico (Movement Studio) 11:30am-12:00pm GRATITUDE MEDITATION – Federico (Movement Studio)	8:00am-9:00am SUNRISE HIKE – Federico (Grand View Trail, meet at Movement Studio) 8:00am-9:00am RESTORATIVE YOGA - Sarah (Movement Studio) 9:30am-10:30am – ABS AND GLUTES - Federico (Movement Studio) 6:00pm-7:00pm TWILIGHT YOGA – Federico (Movement Studio)	8:00am-9:00am CARDIO MUSCLE CIRCUIT - Kori (Movement Studio) 9:30am-10:00am MORNING MEDITATION – Federico (Movement Studio) 10:30am -11:30am AQUA FITNESS – Federico (Spa Pool)	8:00am-9:00am SUNRISE HIKE – Federico (Shaw Trail, meet at Movement Studio) 8:00am-9:00am YOGA FLOW - Sarah (Movement Studio) 9:30am-10:30am – CORE STRENGTH FOR GOLF AND TENNIS - Federico (Movement Studio)	8:00am-9:00am STRENGTH & CONDITIONING - Kori (Movement Studio) 9:30am-10:00am FLOAT FIT - Kori (Spa Pool) 10:30am-11:30am VINYASA YOGA FLOW – Federico (Movement Studio)	8:00am-9:00am SUNRISE HIKE – Federico (Grand View Trail, meet at Movement Studio) 9:00am-10:00am PILATES CORE POWER - Federico (Movement Studio) 10:30am-11:00am FLOATING MEDITATION - Federico (Spa Pool)
10	11	12	13	14	15	16
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