## FITNESS CLASS SCHEDULE / NOVEMBER 2021

	CLASS	FROM	то	LOCATION
MON	Bootcamp	8:00 AM	9:00 AM	Movement Studio
	Healthy Back	9:30 AM	10:30 AM	Movement Studio
	Abs and Glutes	11:00 AM	12:00 PM	Movement Studio
	Chakra Yoga	8:00 AM	9:00 AM	Movement Studio
IUE	Guided Hike – Grand View Trail	9:30 AM	10:30 AM	Meet at Movement Studio
	Twilight Yoga	5:30 PM	6:30 PM	Movement Studio
	Cardio Muscle Circuit	8:00 AM	9:00 AM	Movement Studio
	Morning Meditation	9:30 AM	10:30 AM	Movement Studio
VVED	Conditioning for Winter Sports	11:00 AM	12:00 PM	Movement Studio
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THU	Yoga Flow	8:00 AM	9:00 AM	Movement Studio
	Guided Hike - Shaw Trail	8:00 AM	9:00 AM	Meet at Movement Studio
	Barre	10:30 AM	11:30 AM	Movement Studio
FRI				
	Strength & Conditioning	8:00 AM	9:00 AM	Movement Studio
	Traveling Circuit	9:30 AM	10:30 AM	Meet at Movement Studio
	Vinyasa Yoga Flow	10:30 AM	11:30 AM	Movement Studio
SAT	Vinyasa Yoga Flow	8:00 AM	9:00 AM	Movement Studio
	Pilates Core Power	9:30 AM	10:30 AM	Movement Studio
	Guided Hike – Grand View Trail	11:00 AM	12:00 PM	Meet at Movement Studio
	Mindful Meditation	11:00 AM	12:00 PM	Movement Studio
SUN	Pilates Body Balance	8:00 AM	9:00 AM	Movement Studio
	Stretch Yoga	9:30 AM	10:30 AM	Movement Studio
	Mindful Meditation	11:00 AM	12:00 PM	Movement Studio



## INSTRUCTOR

Federico
Federico
Federico
Sarah
Sarah
Rachel
Kori
Marina
Federico
Sarah
Molly
Molly
Kori
Kori
Rachel
Taylor
Molly
Molly
Marina
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Federico
Marina

## FITNESS CLASS SCHEDULE / DECEMBER 2021

	CLASS	FROM	то	LOCATION
	<b>D</b>	0.00 ANA	0.00 444	Mariana Chadha
	Bootcamp	8:00 AM	9:00 AM	Movement Studio
IVION	Healthy Back	9:30 AM	10:30 AM	Movement Studio
	Abs and Glutes	11:00 AM	12:00 PM	Movement Studio
TUE	Chakra Yoga	8:00 AM	9:00 AM	Movement Studio
	Guided Hike – Grand View Trail	9:30 AM	10:30 AM	Meet at Movement Studio
	Twilight Yoga	5:30 PM	6:30 PM	Movement Studio
WED	Cardio Muscle Circuit	8:00 AM	9:00 AM	Movement Studio
	Morning Meditation	9:30 AM	10:30 AM	Movement Studio
	Conditioning for Winter Sports	11:00 AM	12:00 PM	Movement Studio
<u> </u>	Yoga Flow	8:00 AM	9:00 AM	Movement Studio
IHU	Guided Hike - Shaw Trail	8:00 AM	9:00 AM	Meet at Movement Studio
	Barre	10:30 AM	11:30 AM	Movement Studio
FRI	Strength & Conditioning	8:00 AM	9:00 AM	Movement Studio
	Traveling Circuit	9:30 AM	10:30 AM	Meet at Movement Studio
	Vinyasa Yoga Flow	10:30 AM	11:30 AM	Movement Studio
SAT	Vinyasa Yoga Flow	8:00 AM	9:00 AM	Movement Studio
	Pilates Core Power	9:30 AM	10:30 AM	Movement Studio
	Guided Hike – Grand View Trail	11:00 AM	12:00 PM	Meet at Movement Studio
	Mindful Meditation	11:00 AM	12:00 PM	Movement Studio
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SUN	Pilates Body Balance	8:00 AM	9:00 AM	Movement Studio
	Stretch Yoga	9:30 AM	10:30 AM	Movement Studio
	Mindful Meditation	11:00 AM	12:00 PM	Movement Studio



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Taylor
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