

FITNESS CLASSES SCHEDULE



7:00 AM

8:00 AM

9:00 AM

	7:00 AM	8:00 AM	9:00 AM
Monday		Yoga	
Tuesday		Yoga	
Wednesday		Yoga	
Thursday		Yoga	Mat Pilates
Friday	Hiking	Yoga	Breathwork & meditation
Saturday	Hiking	Yoga	Mat Pilates

Complimentary for our guests
More options for private classes are available including Tennis and Pickleball Lessons

Meeting point for all classes: The Gym

Please note that our facilities include one tennis court and three pickleball courts.
Reservations with the concierge or front desk are required.