



GROUP FITNESS SCHEDULE

January 16th - February 24th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
12.00P		VINYASA Yoga -Andrea C.-	FLEX FIT - Total Body -Rob S.-	ATHELTIC YOGA -Beth H.-	UPPER-CUT BOXING -Noelia C.-
5.30p	NO CLASSES	H.I.I.T. -Beth H.-	VINYASA Flow Yoga -Andrea C.-	UPPER-CUT BOXING -Noelia C.-	
	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
12.00P	POWER HOUR -Kent R.-	VINYASA Yoga -Andrea C.-	FLEX FIT - Total Body -Rob S.-	ATHELTIC YOGA -Beth H.-	UPPER-CUT BOXING -Noelia C.-
5.30p	ATHELTIC YOGA -Beth H.-		VINYASA Flow Yoga -Andrea C.-	UPPER-CUT BOXING -Noelia C.-	
	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb
12.00P	POWER HOUR -Kent R.-	VINYASA Yoga -Andrea C.-	FLEX FIT - Total Body -Rob S.-	ATHELTIC YOGA -Beth H.-	POWER Yoga -Robyn R.-
5.30p	ATHELTIC YOGA -Beth H.-	H.I.I.T. -Beth H.-	VINYASA Flow Yoga -Andrea C.-	UPPER-CUT BOXING -Noelia C.-	
	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
12.00P	POWER HOUR -Kent R.-	VINYASA Yoga -Andrea C.-	FLEX FIT - Total Body -Rob S.-	ATHELTIC YOGA -Beth H.-	POWER Yoga -Robyn R.-
5.30p	ATHELTIC YOGA -Beth H.-	H.I.I.T. -Beth H.-	VINYASA Flow Yoga -Andrea C.-	UPPER-CUT BOXING -Noelia C.-	
	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
12.00p	POWER HOUR -Kent R.-	ATHELTIC YOGA -Andrea C.-	FLEX FIT - Total Body -Rob S.-	ATHELTIC YOGA -Beth H.-	POWER Yoga -Robyn R.-
5.30p		H.I.I.T. -Beth H.-	VINYASA Flow Yoga -Andrea C.-	UPPER-CUT BOXING -Noelia C.-	
	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
12.00p		VINYASA Yoga -Andrea C.-	FLEX FIT - Total Body -Rob S.-	ATHELTIC YOGA -Beth H.-	POWER Yoga -Robyn R.-
5.30p	NO CLASSES		VINYASA SF Yoga -Andrea C.-	UPPER-CUT BOXING -Noelia C.-	

For inquiries, please contact the Spa Concierge desk directly by simply dialing 312.660.8250.

Classes are subject to change without notice.