



GROUP FITNESS SCHEDULE

September 11th - October 20th

	MONDAY 11-Sep	TUESDAY 12-Sep	WEDNESDAY 13-Sep	THURSDAY 14-Sep	FRIDAY 15-Sep
12.00P		VINYASA Yoga -Andrea C.-	VINYASA Flow Yoga -Andrea C.-	VINYASA Yoga -Beth H.-	
5.30p	ATHELTIC YOGA -Beth H.-	UPPER-CUT BOXING -Noelia C.-		UPPER-CUT BOXING -Noelia C.-	POWER YOGA (10a) -Robyn R.-
	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
12.00P		VINYASA Yoga -Beth H.-	VINYASA Flow Yoga -Beth H.-	VINYASA YOGA -Beth H.-	
5.30p	ATHELTIC YOGA -Beth H.-	UPPER-CUT BOXING -Noelia C.-		UPPER-CUT BOXING -Noelia C.-	POWER YOGA (10a) -Robyn R.-
	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
12.00P				ATHELTIC YOGA -Beth H.-	H.I.I.T (10a) -Noelia C.-
5.30p	UPPER-CUT BOXING -Noelia C.-	UPPER-CUT BOXING -Noelia C.-		UPPER-CUT BOXING -Noelia C.-	
	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
12.00p		VINYASA Yoga -Andrea C.-	VINYASA Flow Yoga -Andrea C.-	ATHELTIC YOGA -Beth H.-	
5.30p	ATHELTIC YOGA -Beth H.-	UPPER-CUT BOXING -Noelia C.-		UPPER-CUT BOXING -Noelia C.-	POWER YOGA (10a) -Robyn R.-
	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
12.00p		VINYASA Yoga -Andrea C.-	VINYASA SF Yoga -Andrea C.-	ATHELTIC YOGA -Beth H.-	
5.30p	NO CLASS	UPPER-CUT BOXING -Noelia C.-		UPPER-CUT BOXING -Noelia C.-	POWER YOGA (10a) -Robyn R.-
	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
12.00p		VINYASA Yoga -Andrea C.-	VINYASA SF Yoga -Andrea C.-	VINYASA YOGA -Beth H.-	
5.30p	ATHELTIC YOGA -Beth H.-	UPPER-CUT BOXING -Noelia C.-		UPPER-CUT BOXING -Noelia C.-	POWER YOGA (10a) -Robyn R.-

For inquiries, please contact the Spa Concierge desk directly by simply dialing 312.660.8250. Classes are subject to change without notice.