



GROUP FITNESS SCHEDULE

May 22nd - June 23rd

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	22-May	23-May	24-May	25-May	26-May
12.00P		VINYASA Yoga -Andrea C.-		VINYASA Yoga -Andrea C.-	
5.30p	NO CLASS		VINYASA Flow Yoga -Andrea C.-		NO CLASS
	29-May	30-May	31-May	1-Jun	2-Jun
12.00P		VINYASA Yoga -Andrea C.-		ATHELTIC YOGA -Beth H.-	POWER YOGA -Robyn R.-
5.30p	NO CLASS		VINYASA Flow Yoga -Andrea C.-		
	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun
12.00P		VINYASA Yoga -Andrea C.-	VINYASA Flow Yoga -Andrea C.-	ATHELTIC YOGA -Beth H.-	POWER YOGA -Robyn R.-
5.30p	ATHELTIC YOGA -Beth H.-	UPPER-CUT BOXING -Noelia C.-		UPPER-CUT BOXING -Noelia C.-	
	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
12.00p		VINYASA Yoga -Andrea C.-	VINYASA Flow Yoga -Andrea C.-	ATHELTIC YOGA -Beth H.-	POWER YOGA -Robyn R.-
5.30p	NO CLASS	UPPER-CUT BOXING -Noelia C.-		UPPER-CUT BOXING -Noelia C.-	
	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
12.00p		VINYASA Yoga -Andrea C.-	VINYASA SF Yoga -Andrea C.-	ATHELTIC YOGA -Beth H.-	POWER YOGA -Robyn R.-
5.30p	ATHELTIC YOGA -Beth H.-	UPPER-CUT BOXING -Noelia 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.