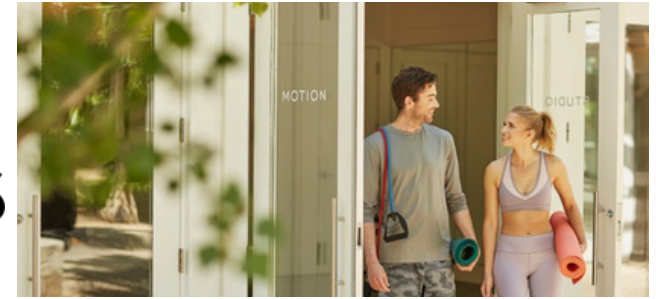




# CARNEROS

RESORT AND SPA



## SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>GENTLE YOGA</b> 8:30AM-9:30AM Motion Studio	2 <b>HIIT AND HIKE</b> 8:00AM- Motion Studio <b>VINYASA YOGA</b> 9:00AM-Motion Studio <b>PICKLEBALL</b> 10:00AM-Pickleball Courts
3 <b>HATHA YOGA</b> 8:30AM-9:30AM Motion Studio	4 <b>YOGALATES</b> 8:30AM-9:30AM Motion Studio	5 <b>POWER FLOW YOGA</b> 8:30AM-9:30AM Motion Studio	6 <b>MAT PILATES</b> 8:30AM-9:30AM Motion Studio <b>PICKLEBALL</b> 9:00AM- Pickleball Court	7 <b>TONE &amp; SCULPT</b> 8:30AM- 9:30AM Motion Studio	8 <b>GENTLE YOGA</b> 8:30AM-9:30AM Motion Studio	9 <b>HIIT AND HIKE</b> 8:00AM- Spa Terrace <b>VINYASA YOGA</b> 9:00AM-Spa Terrace <b>TRX ORIENTATION</b> 10:00AM-Fitness Center <b>PICKLEBALL</b> 10:00AM-Pickleball Courts
10 <b>HATHA YOGA</b> 8:30AM-9:30AM Motion Studio	11 <b>YOGALATES</b> 8:30AM-9:30AM Motion Studio	12 <b>POWER FLOW YOGA</b> 8:30AM-9:30AM Motion Studio	13 <b>MAT PILATES</b> 8:30AM-9:30AM Motion Studio <b>PICKLEBALL</b> 9:00AM- Pickleball Court	14 <b>TONE &amp; SCULPT</b> 8:30AM- 9:30AM Motion Studio	15 <b>GENTLE YOGA</b> 8:30AM-9:30AM Motion Studio	16 <b>HIIT AND HIKE</b> 8:00AM- Motion Studio <b>VINYASA YOGA</b> 9:00AM-Motion Studio <b>PICKLEBALL</b> 10:00AM-Pickleball Courts
17 <b>HATHA YOGA</b> 8:30AM-9:30AM Motion Studio	18 <b>YOGALATES</b> 8:30AM-9:30AM Motion Studio	19 <b>POWER FLOW YOGA</b> 8:30AM-9:30AM Spa Terrace	20 <b>MAT PILATES</b> 8:30AM-9:30AM Spa Terrace <b>PICKLEBALL</b> 9:00AM- Pickleball Court	21 <b>TONE &amp; SCULPT</b> 8:30AM- 9:30AM Spa Terrace	22 <b>GENTLE YOGA</b> 8:30AM-9:30AM Motion Studio	23 <b>HIIT AND HIKE</b> 8:00AM- Spa Terrace <b>VINYASA YOGA</b> 9:00AM-Spa Terrace <b>PICKLEBALL</b> 10:00AM-Pickleball Courts
24 <b>HATHA YOGA</b> 8:30AM-9:30AM Motion Studio	25 <b>YOGALATES</b> 8:30AM-9:30AM Motion Studio	26 <b>POWER FLOW YOGA</b> 8:30AM-9:30AM Motion Studio	27 <b>MAT PILATES</b> 8:30AM-9:30AM Motion Studio <b>PICKLEBALL</b> 9:00AM- Pickleball Court	28 <b>TONE &amp; SCULPT</b> 8:30AM- 9:30AM Motion Studio	29 <b>GENTLE YOGA</b> 8:30AM-9:30AM Motion Studio <b>HARVEST MOON BUI YOGA</b> 10AM-11AM Motion Studio	30 <b>HIIT AND HIKE</b> 8:00AM- Spa Terrace <b>VINYASA YOGA</b> 9:00AM-Spa Terrace <b>PICKLEBALL</b> 10:00AM-Pickleball Courts

FOR MORE INFORMATION OR TO RESERVE A PICKLEBALL COURT PLEASE CONTACT THE SPA AT 707.299.4851

POWERED BY **DWS** Donovan's Wellness Solutions