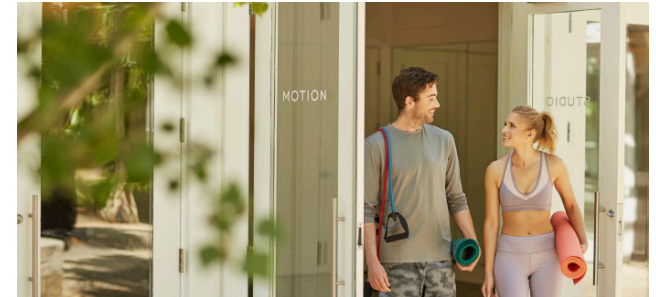




# CARNEROS

RESORT AND SPA



## AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>BARRE 8:00am in Courtyard YOGA FOR ALL 9:00am in Courtyard KIDS YOGA 10:15am in Courtyard</p>	<p>3</p> <p>HATHA YOGA 8:30 - 9:30am Natacha - Courtyard MEDITATION 9:30-9:45am Natacha - Courtyard</p>	<p>4</p> <p>POWER FLOW 8:00-9:00am Leslie Courtyard</p>	<p>5</p> <p>PILATES 9:00-10:00am Chelsea Courtyard</p>	<p>6</p> <p>MEDITATION 8:45 - 9:00am Lisa - Courtyard GENTLE YOGA 9:00-10:00am Lisa - Courtyard</p>	<p>7</p> <p>POWER YOGA 8:00-9:00am Leslie Courtyard</p>	<p>1/8</p> <p>YOGA 8:00am in Courtyard- PILATES 9:15am in Courtyard KID FIT 10:15am at Courtyard</p>
<p>9</p> <p>CORE FUSION 8:00am in Courtyard YOGA FOR ALL 9:00am in Courtyard KIDS YOGA 10:15am in Courtyard</p>	<p>10</p> <p>HATHA YOGA 8:30 - 9:30am Natacha - Courtyard MEDITATION 9:30-9:45am Natacha - Courtyard</p>	<p>11</p> <p>POWER FLOW 8:00-9:00am Leslie Courtyard</p>	<p>12</p> <p>PILATES 9:00-10:00am Chelsea Courtyard</p>	<p>13</p> <p>MEDITATION 8:45 - 9:00am Natacha - Courtyard- GENTLE YOGA 9:00-10:00am Natacha - Courtyard</p>	<p>14</p> <p>POWER YOGA 8:00-9:00am Laura Courtyard</p>	<p>15</p> <p>YOGA 8:00am in Courtyard- PILATES 9:15am in Courtyard KID FIT 10:15am at Courtyard</p>
<p>16</p> <p>BARRE 8:00am in Courtyard YOGA FOR ALL 9:00am in Courtyard KIDS YOGA 10:15am in Courtyard</p>	<p>17</p> <p>HATHA YOGA 8:30 - 9:30am Natacha - Courtyard MEDITATION 9:30-9:45am Natacha - Courtyard</p>	<p>18</p> <p>POWER FLOW 8:00-9:00am Leslie Courtyard</p>	<p>19</p> <p>PILATES 9:00-10:00am Chelsea Courtyard</p>	<p>20</p> <p>MEDITATION 8:45 - 9:00am Carolena - Courtyard- GENTLE YOGA 9:00-10:00am Carolena - Courtyard</p>	<p>21</p> <p>POWER YOGA 8:00-9:00am Leslie Courtyard</p>	<p>22</p> <p>YOGA 8:00am in Courtyard- PILATES 9:15am in Courtyard KID FIT 10:15am at Courtyard</p>
<p>23</p> <p>BARRE 8:00am in Courtyard YOGA FOR ALL 9:00am in Courtyard KIDS YOGA 10:15am in Courtyard</p>	<p>24</p> <p>HATHA YOGA 8:30 - 9:30am Natacha - Courtyard MEDITATION 9:30-9:45am Natacha - Courtyard</p>	<p>25</p> <p>POWER FLOW 8:00-9:00am Leslie Courtyard</p>	<p>26</p> <p>PILATES 9:00-10:00am Chelsea Courtyard</p>	<p>27</p> <p>MEDITATION 8:45 - 9:00am Carolena - Courtyard- GENTLE YOGA 9:00-10:00am Carolena - Courtyard</p>	<p>28</p> <p>POWER YOGA 8:00-9:00am Laura Courtyard</p>	<p>29</p> <p>YOGA 8:00am in Courtyard- PILATES 9:15am in Courtyard KID FIT 10:15am at Courtyard</p>
<p>30</p> <p>BARRE 8:00am in Courtyard YOGA FOR ALL 9:00am in Courtyard KIDS YOGA 10:15am in Courtyard</p>	<p>31</p> <p>HATHA YOGA 8:30 - 9:30am Natacha - Courtyard MEDITATION 9:30-9:45am Natacha - Courtyard</p>					

FOR MORE INFORMATION OR TO SIGN UP FOR CLASS PLEASE CONTACT THE SPA.

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