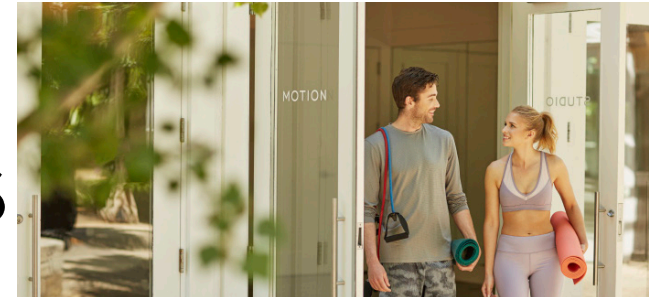




CARNEROS

RESORT AND SPA



DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 PILATES 9:00AM Motion Studio	2 MEDITATION 8:45AM - Motion Studio GENTLE YOGA 9:00AM - Motion Studio	3 POWER YOGA 8:00 AM Yoga Studio	4 YOGA FOR ALL 8:00AM - Motion Studio PILATES 9:15AM - Motion Studio
5 BARRE 8:00AM - Motion Studio YOGA FOR ALL 9:00AM - Motion Studio KIDS YOGA 10:15AM - Motion Studio	6 HATHA YOGA 8:00AM - Motion Studio MEDITATION 9:00AM - Motion Studio	7 POWER FLOW YOGA 8:00AM Motion Studio	8 PILATES 9:00AM Motion Studio	9 MEDITATION 8:45AM - Motion Studio GENTLE YOGA 9:00AM - Motion Studio	10 POWER YOGA 8:00 AM Yoga Studio	11 YOGA FOR ALL 8:00AM - Motion Studio PILATES 9:15AM - Motion Studio
12 BARRE 8:00AM - Motion Studio YOGA FOR ALL 9:00AM - Motion Studio KIDS YOGA 10:15AM - Motion Studio	13 HATHA YOGA 8:00AM - Motion Studio MEDITATION 9:00AM - Motion Studio	14 POWER FLOW YOGA 8:00AM Motion Studio	15 PILATES 9:00AM Motion Studio	16 MEDITATION 8:45AM - Motion Studio GENTLE YOGA 9:00AM - Motion Studio	17 POWER YOGA 8:00 AM Yoga Studio	18 YOGA FOR ALL 8:00AM - Motion Studio PILATES 9:15AM - Motion Studio
19 BARRE 8:00AM - Motion Studio YOGA FOR ALL 9:00AM - Motion Studio KIDS YOGA 10:15AM - Motion Studio	20 HATHA YOGA 8:00AM - Motion Studio MEDITATION 9:00AM - Motion Studio	21 POWER FLOW YOGA 8:00AM Motion Studio	22 PILATES 9:00AM Motion Studio	23 MERRY MINDFUL MEDITATION 8:45AM - Motion Studio OM FOR THE HOLIDAY VINYASA YOGA 9:00AM - Motion Studio	24 HEALTHY HOLIDAY POWER FLOW 8:00 AM Yoga Studio	25 BALANCED & BRIGHT HATHA FLOW 8:00AM - Motion Studio COOKIE CRUSHER CORE WORKOUT 9:15AM - Motion Studio
26 SANTA BABY BARRE BURNER 8:00AM - Motion Studio HOLIDAY DETOX YOGA FLOW 9:00AM - Motion Studio SNOW SALUTATIONS KID YOGA 10:15AM - Motion Studio	27 HATHA YOGA 8:00AM - Motion Studio MEDITATION 9:00AM - Motion Studio	28 POWER FLOW YOGA 8:00AM Motion Studio	29 PILATES 9:00AM Motion Studio	30 MEDITATION 8:45AM - Motion Studio GENTLE YOGA 9:00AM - Motion Studio	31 POWER YOGA 8:00 AM Yoga Studio	

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

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