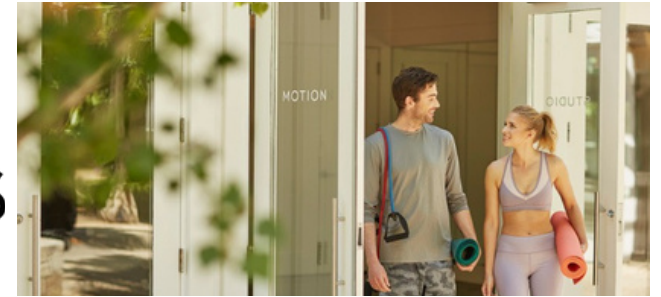




# CARNEROS

RESORT AND SPA



## FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio  <b>PILATES</b> 8:15AM- Motion Studio	<b>2</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio  <b>GENTLE YOGA</b> 8:15AM- Motion Studio	<b>3</b> <b>WEAR RED HEART HEALTHY HIKE &amp; STRETCH</b> 7:45AM- Motion Studio	<b>4</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio <b>YOGA</b> 8:15AM- Motion Studio <b>PILATES</b> 9:15AM- Motion Studio
<b>5</b> <b>BARRE</b> 8:00AM- Motion Studio <b>POWER OF BREATH</b> 9:15AM- Motion Studio <b>YOGA</b> 9:30AM- Motion Studio	<b>6</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio  <b>HATHA YOGA</b> 8:15AM- Motion Studio	<b>7</b> <b>POWER OF BREATH</b> 7:45AM- Motion Studio  <b>POWER FLOW YOGA</b> 8:00AM- Motion Studio	<b>8</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio  <b>PILATES</b> 8:15AM- Motion Studio	<b>9</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio  <b>GENTLE YOGA</b> 8:15AM- Motion Studio	<b>10</b> <b>POWER OF BREATH</b> 7:45AM- Motion Studio  <b>POWER YOGA</b> 8:00AM- Motion Studio	<b>11</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio <b>YOGA</b> 8:15AM- Motion Studio <b>PILATES</b> 9:15AM- Motion Studio
<b>12</b> <b>BARRE</b> 8:00AM- Motion Studio <b>POWER OF BREATH</b> 9:15AM- Motion Studio <b>YOGA</b> 9:30AM- Motion Studio	<b>13</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio  <b>HATHA YOGA</b> 8:15AM- Motion Studio	<b>14</b> <b>VALENTINE'S DAY PARTNER YOGA</b> 9:00AM- Motion Studio	<b>15</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio  <b>PILATES</b> 8:15AM- Motion Studio	<b>16</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio  <b>GENTLE YOGA</b> 8:15AM- Motion Studio	<b>17</b> <b>POWER OF BREATH</b> 7:45AM- Motion Studio  <b>POWER YOGA</b> 8:00AM- Motion Studio	<b>18</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio <b>YOGA</b> 8:15AM- Motion Studio <b>PILATES</b> 9:15AM- Motion Studio
<b>19</b> <b>BARRE</b> 8:00AM- Motion Studio <b>POWER OF BREATH</b> 9:15AM- Motion Studio <b>YOGA</b> 9:30AM- Motion Studio	<b>20</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio  <b>HATHA YOGA</b> 8:15AM- Motion Studio	<b>21</b> <b>POWER OF BREATH</b> 7:45AM- Motion Studio  <b>POWER FLOW YOGA</b> 8:00AM- Motion Studio	<b>22</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio  <b>PILATES</b> 8:15AM- Motion Studio	<b>23</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio  <b>GENTLE YOGA</b> 8:15AM- Motion Studio	<b>24</b> <b>POWER OF BREATH</b> 7:45AM- Motion Studio  <b>POWER YOGA</b> 8:00AM- Motion Studio	<b>25</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio <b>YOGA</b> 8:15AM- Motion Studio <b>PILATES</b> 9:15AM- Motion Studio
<b>26</b> <b>BARRE</b> 8:00AM- Motion Studio <b>POWER OF BREATH</b> 9:15AM- Motion Studio <b>YOGA</b> 9:30AM- Motion Studio	<b>27</b> <b>POWER OF BREATH</b> 8:00AM- Motion Studio  <b>HATHA YOGA</b> 8:15AM- Motion Studio	<b>28</b> <b>POWER OF BREATH</b> 7:45AM- Motion Studio  <b>POWER FLOW YOGA</b> 8:00AM- Motion Studio				

FOR MORE INFORMATION PLEASE CONTACT THE SPA.

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