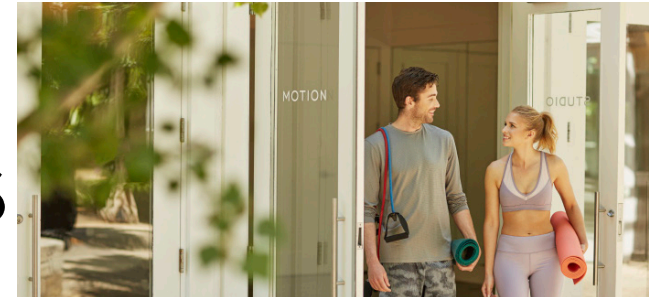




CARNEROS

RESORT AND SPA



JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 MEDITATION 8:45AM - Motion Studio GENTLE YOGA 9:00AM - Motion Studio	2 POWER YOGA 8:00AM - Motion Studio	3 YOGA FOR ALL 8:00AM in Motion Studio PILATES 9:15AM in Motion Studio
4 BARRE 8:00AM in Motion Studio YOGA FOR ALL 9:00AM in Motion Studio KIDS YOGA 10:15am in Motion Studio	5 HATHA YOGA 8:30AM - Motion Studio MEDITATION 9:30AM - Motion Studio	6 POWER FLOW 8:00AM - Motion Studio	7 PILATES 9:00AM - Motion Studio	8 MEDITATION 8:45AM - Motion Studio GENTLE YOGA 9:00AM - Motion Studio	9 POWER YOGA 8:00AM - Motion Studio	10 YOGA FOR ALL 8:00AM in Motion Studio PILATES 9:15AM in Motion Studio
11 BARRE 8:00AM in Motion Studio YOGA FOR ALL 9:00AM in Motion Studio KIDS YOGA 10:15am in Motion Studio	12 HATHA YOGA 8:30AM - Motion Studio MEDITATION 9:30AM - Motion Studio	13 POWER FLOW 8:00AM - Motion Studio	14 PILATES 9:00AM - Motion Studio	15 MEDITATION 8:45AM - Motion Studio GENTLE YOGA 9:00AM - Motion Studio	16 POWER YOGA 8:00AM - Motion Studio	17 YOGA FOR ALL 8:00AM in Motion Studio PILATES 9:15AM in Motion Studio
18 BARRE 8:00AM in Motion Studio YOGA FOR ALL 9:00AM in Motion Studio KIDS YOGA 10:15am in Motion Studio	19 HATHA YOGA 8:30AM - Motion Studio MEDITATION 9:30AM - Motion Studio	20 POWER FLOW 8:00AM - Motion Studio	21 PILATES 9:00AM - Motion Studio	22 MEDITATION 8:45AM - Motion Studio GENTLE YOGA 9:00AM - Motion Studio	23 POWER YOGA 8:00AM - Motion Studio	24 YOGA FOR ALL 8:00AM in Motion Studio PILATES 9:15AM in Motion Studio
25 BARRE 8:00AM in Motion Studio YOGA FOR ALL 9:00AM in Motion Studio KIDS YOGA 10:15am in Motion Studio	26 HATHA YOGA 8:30AM - Motion Studio MEDITATION 9:30AM - Motion Studio	27 POWER FLOW 8:00AM - Motion Studio	28 PILATES 9:00AM - Motion Studio	29 MEDITATION 8:45AM - Motion Studio GENTLE YOGA 9:00AM - Motion Studio	30 POWER YOGA 8:00AM - Motion Studio	31 YOGA FOR ALL 8:00AM in Motion Studio PILATES 9:15AM in Motion Studio

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

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