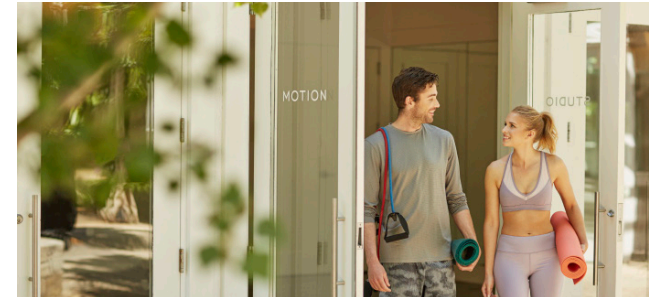




CARNEROS

RESORT AND SPA



MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 KICKBOXING 8:00 - 8:45am Lyz in the Motion Studio YOGA FOR ALL 9:00-10:00am Lyz in the Motion Studio	2 HATHA YOGA 8:30 - 9:30am Natacha - Motion Studio MEDITATION 9:30-9:45am Natacha - Motion Studio	3 POWER FLOW 8:00-9:00am Leslie Motion Studio	4 PILATES 9:00-10:00am Chelsea Motion Studio	5 MEDITATION 8:45 - 9:00am Carolena- Motion Studio GENTLE YOGA 9:00-10:00am Carolena - Motion Studio	6 POWER YOGA 8:00-9:00am Carolena Motion Studio	7 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio PILATES 9:30-10:30am Leslie in Motion Studio
8 KICKBOXING 8:00 - 8:45am Lyz in the Motion Studio YOGA FOR ALL 9:00-10:00am Lyz in the Motion Studio	9 HATHA YOGA 8:30 - 9:30am Natacha - Motion Studio MEDITATION 9:30-9:45am Natacha - Motion Studio	10 POWER FLOW 8:00-9:00am Leslie Motion Studio	11 PILATES 9:00-10:00am Chelsea Motion Studio	12 MEDITATION 8:45 - 9:00am Carolena- Hilltop Livingroom GENTLE YOGA 9:00-10:00am Carolena - Hilltop Livingroom	13 POWER YOGA 8:00-9:00am Laura Motion Studio	14 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio PILATES 9:30-10:30am Leslie in Motion Studio
15 KICKBOXING 8:00 - 8:45am Lyz in the Motion Studio YOGA FOR ALL 9:00-10:00am Lyz in the Motion Studio	16 HATHA YOGA 8:30 - 9:30am Natacha - Motion Studio MEDITATION 9:30-9:45am Natacha - Motion Studio	17 POWER FLOW 8:00-9:00am Leslie Motion Studio	18 PILATES 9:00-10:00am Chelsea Motion Studio	19 MEDITATION 8:45 - 9:00am Carolena- Motion Studio GENTLE YOGA 9:00-10:00am Carolena - Motion Studio	20 POWER YOGA 8:00-9:00am Laura Motion Studio	21 FITNESS FUSION 8:15 - 9:00am Rikki in Motion Studio PILATES 9:30-10:30am Rikki in Motion Studio
22 KICKBOXING 8:00 - 8:45am Lyz in the Motion Studio YOGA FOR ALL 9:00-10:00am Lyz in the Motion Studio	23 HATHA YOGA 8:30 - 9:30am Natacha - Motion Studio MEDITATION 9:30-9:45am Natacha - Motion Studio	24 POWER FLOW 8:00-9:00am Natacha Motion Studio	25 PILATES 9:00-10:00am Chelsea Arbor	26 MEDITATION 8:45 - 9:00am Carolena- Arbor GENTLE YOGA 9:00-10:00am Carolena - Arbor	27 POWER YOGA 8:00-9:00am Laura Arbor	28 FITNESS FUSION 8:15am in Motion Studio PILATES 9:30am in Motion Studio AQUA KID FIT 10:15am in Motion Studio
29 FITNESS FUSION 8:00am in Motion Studio YOGA FOR ALL 9:00am in Motion Studio KID YOGA & MEDITATION 10:15am in Motion Studio	30 HATHA YOGA 8:30 - 9:30am Natacha - Motion Studio MEDITATION 9:30-9:45am Natacha - Motion Studio	31 POWER FLOW 8:00-9:00am Leslie Motion Studio				

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

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