



# CARNEROS

RESORT AND SPA



## MAY

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

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

POWERED BY **DWS** Donovan's Wellness Solutions