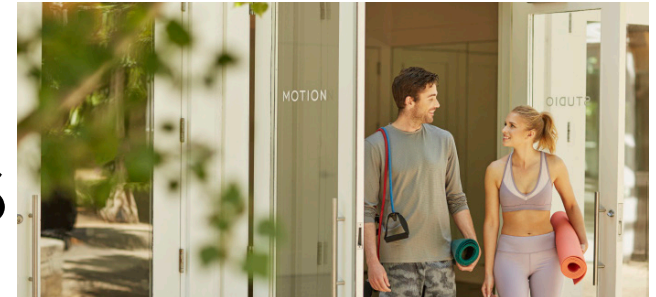




CARNEROS

RESORT AND SPA



NOVEMBER

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

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

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