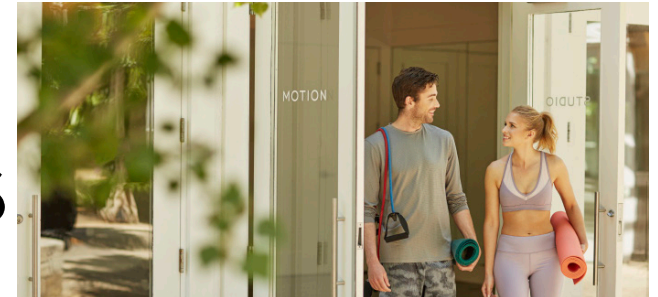




CARNEROS

RESORT AND SPA



OCTOBER

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

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

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