



CARNEROS

RESORT AND SPA



SEPTEMBER

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

FOR MORE INFORMATION PLEASE CONTACT THE SPA.

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