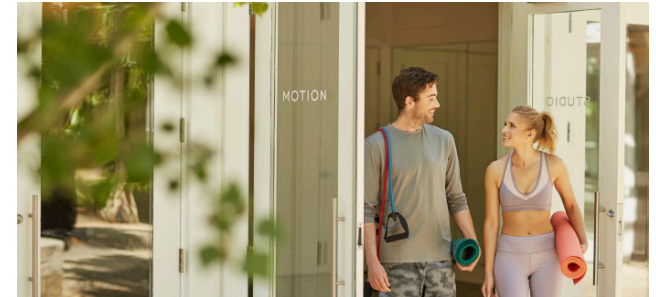




CARNEROS

RESORT AND SPA



SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 POWER FLOW 8:00-9:00am Leslie Courtyard	2 PILATES 9:00-10:00am Chelsea Courtyard	3 MEDITATION 8:45 - 9:00am Carolena - Courtyard GENTLE YOGA 9:00-10:00am Carolena - Courtyard	4 POWER YOGA 8:00-9:00am Laura Courtyard	5 YOGA 8:00am in Courtyard PILATES 9:15am in Courtyard KID FIT 10:15am at Courtyard
6 CORE FUSION 8:00am in Courtyard YOGA FOR ALL 9:00am in Courtyard KIDS YOGA 10:15am in Courtyard	7 HATHA YOGA 8:30 - 9:30am Natacha - Courtyard MEDITATION 9:30-9:45am Natacha - Courtyard	8 POWER FLOW 8:00-9:00am Leslie Courtyard	9 PILATES 9:00-10:00am Chelsea Courtyard	10 MEDITATION 8:45 - 9:00am Carolena - Courtyard GENTLE YOGA 9:00-10:00am Carolena - Courtyard	11 POWER YOGA 8:00-9:00am Laura Courtyard	12 YOGA 8:00am in Courtyard PILATES 9:15am in Courtyard KID FIT 10:15am at Courtyard
13 BARRE 8:00am in Courtyard YOGA FOR ALL 9:00am in Courtyard KIDS YOGA 10:15am in Courtyard	14 HATHA YOGA 8:30 - 9:30am Natacha - Courtyard MEDITATION 9:30-9:45am Natacha - Courtyard	15 POWER FLOW 8:00-9:00am Leslie Courtyard	16 PILATES 9:00-10:00am Chelsea Courtyard	17 MEDITATION 8:45 - 9:00am Carolena - Courtyard GENTLE YOGA 9:00-10:00am Carolena - Courtyard	18 POWER YOGA 8:00-9:00am Laura Courtyard	19 YOGA 8:00am in Courtyard- PILATES 9:15am in Courtyard KID FIT 10:15am at Courtyard
20 BARRE 8:00am in Courtyard YOGA FOR ALL 9:00am in Courtyard KIDS YOGA 10:15am in Courtyard	21 HATHA YOGA 8:30 - 9:30am Natacha - Courtyard MEDITATION 9:30-9:45am Natacha - Courtyard	22 POWER FLOW 8:00-9:00am Leslie Courtyard	23 PILATES 9:00-10:00am Chelsea Courtyard	24 MEDITATION 8:45 - 9:00am Carolena - Courtyard GENTLE YOGA 9:00-10:00am Carolena - Courtyard	25 POWER YOGA 8:00-9:00am Laura Courtyard	26 YOGA 8:00am in Courtyard FITNESS FUSION 9:15am in Courtyard KID FIT 10:15am at Courtyard
27 BARRE 8:00am in Courtyard YOGA FOR ALL 9:00am in Courtyard KIDS YOGA 10:15am in Courtyard	28 HATHA YOGA 8:30 - 9:30am Natacha - Courtyard MEDITATION 9:30-9:45am Natacha - Courtyard	29 POWER FLOW 8:00-9:00am Leslie Courtyard	30 PILATES 9:00-10:00am Chelsea Courtyard			

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

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