

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	MORNING HIKE Reception		MORNING HIKE Reception	MORNING HIKE Reception			MORNING HIKE Reception
8:00	BEACH RUN & TRX Reception	TRAIL RUN Reception	PILATES FUSION Raw	ABS & LEGS Gym	INTERVAL BEACH WORKOUT Reception	PILATES FOR ALL Raw	INTERVAL BEACH WORKOUT Reception
		PILATES FOR ALL Zenia	VINYASA YOGA & MEDITATION (90') Armonia	MORNING YOGA FLOW (75') Armonia	YOGALATES Armonia		HATHA YOGA ALL LEVELS (75') Zenia
		HATHA YOGA ALL LEVELS (75') Armonia					
8:15	BREATHWORK & MEDITATION Armonia						BREATH WORK & MEDIATION Armonia
8:30						ASHTANGA VINYASA YOGA (90') Armonia	
8:45						AERIAL YOGA & MEDITATION (90') Zenia	
9:00	ASHTANGA VINYASA YOGA (90') Zenia						VINYASA Armonia
	YOGA FOR FLEXIBILITY Armonia						
9:15	CIRCUIT TRAINING Gym	ABS & LEGS Raw	H.I.I.T Gym	TRX FULL BODY Gym	CORE WORKOUT Raw	BODYSULPT Gym	H.I.I.T. Gym
		YOGA FOR ATHLETES Armonia		BEGINNER'S YOGA Zenia	YOGA FOR FLEXIBILITY Zenia		
		BODYSULPT Gym	POWER YOGA (75') Zenia		PILATES FOR ALL Armonia		
9:30				HATHA YOGA ALL LEVELS Zenia			BEGINNER'S YOGA Zenia
9:45			PRANAYAMA Armonia				
11:00		BEGINNER'S YOGA Zenia		MINDFULNESS Armonia		YOGA POSTURE FUNDAMENTALS Zenia	YOGA NIDRA Armonia
				PRENATAL/POSTNATAL YOGA Armonia			
17:00	FUNCTIONAL FITNESS Gym	TRX FULL BODY Gym	FUNCTIONAL FITNESS Gym	KETTLEBELL CIRCUIT Gym	FUNCTIONAL FITNESS Gym	RESTORATIVE YOGA Armonia	TRX & KETTLEBELLS Gym
	AERIAL YOGA & MEDITATION (90') Zenia	AERIAL YOGA & MEDITATION (90') Zenia	YIN YOGA Armonia	AERIAL YOGA (90') Zenia	GENTLE HATHA Armonia	POWER YOGA (75') Zenia	YIN YOGA Armonia
	RESTORATIVE YOGA Armonia	PILATES MAT Armonia	YOGALATES Zenia	PILATES FUSION Armonia	PILATES MAT Zenia		
18:15	EVENING STRETCH & MOBILITY Raw	LOWER BODY FITBANDS Raw	FITBALLS Raw	YIN YOGA Armonia	EVENING STRETCH & MOBILITY Raw	YOGA NIDRA & SOUND THERAPY Armonia	EVENING STRETCH & MOBILITY Raw
	BREATHWORK & MEDITATION Armonia	YIN YOGA Armonia	YOGA NIDRA Armonia		YOGA NIDRA Armonia		MEIDITATION & SOUND THERAPY Armonia
			RESTORATIVE YOGA Zenia		FACE YOGA Zenia		
18:30						YIN YOGA Zenia	