

MOVEMENT SCHEDULE

Hotel Guest & Member Classes

MONDAY, JULY 12TH

7AM	Pure Strength (Limit 10) Tread & Shed (Limit 6)	Cabana Pool Entrance Fitness Floor	Deemsey Cesar
8AM	Boot Camp (Limit 10) Boxing Circuits (Limit 5)	Cabana Pool Entrance Movement Studio 2	Cesar Maria
9AM	Pilates Reformer (Limit 3) **Pilates Mat	Movement Studio 3 In Suite Fitness	Ivana Esther
10AM	Circuit Training (Limit 4)	Movement Studio 2	Esther
11:30AM	*Chair Yoga	Live Virtual Fitness	Shelly
5PM	Boxing Circuits (Limit 3)	Movement Studio 2	Deemsey
6PM	Stretch (Limit 3)	Movement Studio 2	Deemsey

TUESDAY, JULY 13TH

7AM	Beach Boot Camp (Limit 10)	Beach Access Gate	Deemsey
8AM	Tabata (Limit 10)	Cabana Pool Entrance	Deemsey
9AM	**Pure Strength	In Suite Fitness	Karl
9:30AM	*Slow Flow Yoga & Meditation	Live Virtual Fitness	Shelly
11AM	Boxing Circuits	Movement Studio 2	Deemsey
4PM	Body Building Basics (Limit 4)	Fitness Floor	Ed

WEDNESDAY, JULY 14TH

7AM	Beach Boot Camp (Limit 10)	Beach Access Gate	Ed
8AM	Tabata (Limit 4) Pilates Mat (Limit 10)	Fitness Floor Cabana Pool Entrance	Ed Esther
9AM	Kettlebell (Limit 5)	Movement Studio 2	Maria
10AM	Cycling (Limit 5)	Movement Studio 1	Maria
11AM	Barre (Limit 4)	Movement Studio 2	Esther
5PM	Boxing Circuits (Limit 3)	Movement Studio 2	Ed

THURSDAY, JULY 15TH

7AM	Boot Camp (Limit 10)	Cabana Pool Entrance	Sarah
9AM	**Barre	In-Suite Fitness	Esther
10AM	H2O Tabata (Limit 6)	Atlantic Pool	Karl
11:30AM	*Chair Yoga & Meditation	Live Virtual Fitness	Shelly
4PM	Pure Strength (Limit 3)	Movement Studio 2	Ed

(*) Require a sign-up reservation with the spa desk.

(**) Enjoy class from Hotel Suite TV.

- Please follow CDC Guidelines regarding mask usage.

- Must be 14 years of age or older in order to access Fitness classes or gym.

MOVEMENT SCHEDULE

Hotel Guest & Member Classes

FRIDAY, JULY 16TH

7AM	Beach Boot Camp (Limit 10)	Beach Access Gate	Cesar
9AM	Circuit Training (Limit 4)	Fitness Floor	Cesar
10AM	Tread & Shed (Limit 6)	Fitness Floor	Kristen
	Boxing Circuits (Limit 4)	Movement Studio 2	Cesar
11AM	Booty Burn (Limit 6)	Rock-Wall	Kristen
	Cycling (Limit 5)	Movement Studio 1	Cesar
12PM	Core & More (Limit 4)	Rock-Wall	Kristen
1PM	Roll & Release (Limit 4)	Movement Studio 2	Maria
4PM	*Iyengar Yoga	Live Virtual Fitness	Edwin
6PM	Stretch (Limit 3)	Movement Studio 2	Ed
	Tread & Shed (Limit 5)	Fitness Floor	Deemsey

SATURDAY, JULY 17TH

7AM	Boxing Circuits (Limit 5)	Movement Studio 2	Maria
8AM	Beach Boot Camp (Limit 10)	Beach Access Gate	Deemsey
9AM	H2O Cardio (Limit 6)	Cabana Pool	Karl
10AM	*Family Rockwall (Limit 6)	Rock-Wall	Ed
	Pure Strength (Limit 4)	Movement Studio 2	Kristen
11AM	*Open Rock-Wall (Limit 6)	Rock-Wall	Ed
12PM	Cycling (Limit 6)	Movement Studio 1	Cesar
1PM	**Stretch	In-Suite Fitness	Karl
4PM	Kettlebell (Limit 4)	Movement Studio 2	Maria
5PM	Boxing Circuits (Limit 4)	Movement Studio 2	Maria
6PM	Roll & Release (Limit 4)	Movement Studio 2	Maria

SUNDAY, JULY 18TH

8AM	HIIT Circuits (Limit 10)	Cabana Pool Entrance	Deemsey
9:30AM	*Slow Flow Yoga & Meditation	Live Virtual Fitness	Shelly
11AM	*Family Rock-Wall (Limit 6)	Rock-Wall	Sarah
	Tabata (Limit 4)	Movement Studio 2	Deemsey
12PM	Circuit Training (Limit 4)	Fitness Floor	Kristen
4PM	Tread & Shed (Limit 6)	Fitness Floor	Kristen
5PM	Kettlebell (Limit 4)	Movement Studio 2	Kristen
	Pilates Reformer I (Limit 3)	Movement Studio 3	Maria Paula
6PM	Boxing Circuits (Limit 3)	Movement Studio 2	Ed
	Circuit Training (Limit 4)	Fitness Floor	Kristen

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