

# MOVEMENT SCHEDULE

## *Hotel Guest & Member Classes*

### MONDAY, OCTOBER 11TH

7AM	Pure Strength (Limit 10) Tread & Shed (Limit 6)	Cabana Pool Entrance Fitness Floor	Deemsey Cesar
8AM	Boot Camp (Limit 10) Boxing Fusion (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, OCTOBER 12TH

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
10AM	Pilates Reformer Level I/II (Limit 5)	Movement Studio 3	Maria Paula
11AM	Boxing Circuits	Movement Studio 2	Deemsey
3PM	H2O Trampoline (Limit 4)	Atlantic Pool	Thais
4PM	Functional Training (Limit 4)	Fitness Floor	Eddy

### WEDNESDAY, OCTOBER 13TH

7AM	Beach Boot Camp (Limit 10)	Beach Access Gate	Ed
8AM	Kickboxing (Limit 4) Pilates Mat (Limit 10)	Movement Studio 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	Straight up Boxing (Limit 3)	Movement Studio 2	Eddy

### THURSDAY, OCTOBER 14TH

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
3PM	H2O Trampoline (Limit 4)	Atlantic Pool	Thais
4:30PM	Sound Bowls	Movement Studio 2	Christina
5:00PM	Mat Yoga	Movement Studio 2	Christina

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

(\*\*) Enjoy class from Hotel Suite TV.

- Please follow CDC Guidelines regarding mask usage.

# MOVEMENT SCHEDULE

## *Hotel Guest & Member Classes*

### FRIDAY, OCTOBER 15TH

7AM	Beach Boot Camp (Limit 10)	Beach Access Gate	Cesar
9AM	Circuit Training (Limit 4)	Fitness Floor	Cesar
10AM	Roll & Release (Limit 6)	Rock-Wall	Ed
	Boxing Circuits (Limit 4)	Movement Studio 2	Cesar
11AM	Core & More (Limit 6)	Rock-Wall	Ed
	Cycling (Limit 5)	Movement Studio 1	Cesar
12PM	*Family Rock-Wall (Limit 4)	Rock-Wall	Ed
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, OCTOBER 16TH

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
	Kickboxing (Limit 4)	Movement Studio 2	Ed
10AM	*Family Rockwall (Limit 6)	Rock-Wall	Ed
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, OCTOBER 17TH

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
	H2O Trampoline - Water Shoes needed (Limit 4)	Atlantic Pool	Thais
5PM	Pilates Reformer Level I (Limit 3)	Movement Studio 3	Maria Paula
6PM	Boxing Circuits (Limit 3)	Movement Studio 2	Ed

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(\*\*) Enjoy class from Hotel Suite TV.