

MOVEMENT SCHEDULE

Hotel Guest & Member Classes

MONDAY DECEMBER 5TH

7AM	TRX Tread & Shed	Rock Wall Fitness Floor	Deemsey Karin
8AM	Boot Camp Fusion Boxing	Fitness Floor Movement Studio 2	Cesar Mafe
9AM	Dynamic Pilates	Movement Studio 3	Esther
10AM	Pilates & Foam Roller Zumba	Rock Wall Movement Studio 2	Esther Claudio
4PM	Restorative Yoga	Movement Studio 2	Edwin
5PM	Boxing Circuits Meditation(20 Mins)	Movement Studio 2 Beach	Deemsey Julieta
6PM	Stretch	Movement Studio 2	Deemsey

TUESDAY DECEMBER 6TH

7AM	Beach Boot Camp	Beach Access Gate	Deemsey
8AM	Turbo Cardio	Movement Studio 2	Deemsey
9AM	Pure Strength	Movement Studio 3	Karl
10AM	H2O Tabata	Atlantic Pool	Cesar
11:00AM	Pilates Reformer Blade Boxing Circuits	Sunrise Studio Movemnet Studio 1 Movement Studio 2	Maria Paula Cesar Deemsey
4PM	Functional Training Open Rock Climbing	Fitness Floor Rock Wall	Eddy Teri
5PM	Meditation and Stretch	Beach	Christina

WEDNESDAY DECEMBER 7TH

7AM	H2O Kicks & Punches	Atlantic Pool	Karin
8AM	Pilates Reformer Beach Yoga	Sunrise Studio Beach	Esther Mariso
9AM	Kettlebell Flow	Movement Studio 2	Mafe
10AM	Cycling Stretch	Movement Studio 1 Movement Studio 3	Mafe Karl
11AM	Total Barre Killer Core Power Sculpt	Movement Studio 2 Rock Wall Fitness Floor	Esther Teri Mafe
4PM	Cardio/Core	Movement Studio 2	Teri
5PM	Boot Camp Boxing Meditation (20 mins)	Movement Studio 2 Beach	Eddy Julieta

THURSDAY, DECEMBER 8TH

7AM	Beach Boot Camp	Cabana Pool Entrance	Karl
8AM	Slow Flow Yoga Into Pilates Reformer	Beach Sunrise Studio	Christina Esther
9AM	20 Min Meditation Cardio Step	Beach Movement Studio 2	Christina Thais
10AM	H2O Tabata	Atlantic Pool	Karl
4:30PM	Sound Bowls (20 Mins)	Movement Studio 2	Christina
5:00PM	Mat Yoga/Meditation	Movement Studio 2	Christina

- Must be 15 years of age or older in order to access Fitness classes or gym.

MOVEMENT SCHEDULE

Hotel Guest & Member Classes

FRIDAY , DECEMBER 9TH

7AM	Beach Boot Camp	Beach Access Gate	Cesar
8AM	Yoga	Beach	Christina
	Circuit Training	Fitness Floor	Cesar
9AM	Sound Bowls (20 mins)	Beach	Christina
	Cycling	Movement Studio 1	Cesar
	Roll and Release	Rock Wall	Mafe
	Pilates Reformer	Sunrise Studio	Esther
10AM	Aqua Cycle	Atlantic Pool	Karin
	Killer Core	Rock Wall	Teri
11AM	Ballet	Movement Studio 2	Paul
	Family Rock Wall	Rock Wall	Teri
4PM	Killer Core	Movement Studio 2	Teri
6PM	Core & Strength	Movement Studio 2	Eddy
	Tread & Shed	Fitness Floor	Cesar

SATURDAY , DECEMBER 10TH

7AM	Boxing Circuits	Movement Studio 2	Cesar
8AM	Beach Boot Camp	Beach Access Gate	Deemsey
	Slow Flow Yoga	Movement Studio 2	Maria Paula
9AM	H2O Cardio	Cabana Pool	Karl
	Aqua Cycle	Atlantic Pool	Cesar
	Pilates Reformer	Sunrise Studio	Maria Paula
11AM	Boxing Circuit	Movement Studio 2	Eddy
	Cycling	Movement Studio 1	Cesar
12PM	Bands and Cardio	Rock Wall	Cesar
1PM	Family Rock wall	Rock Wall	Karl
	Killer Core	Movement Studio 2	Cesar
4PM	Kettlebell	Movement Studio 2	Kristen
5PM	Circuit & Cardio	Movement Studio 2	Kristen
6PM	Roll & Release	Movement Studio 2	Kristen

SUNDAY, DECEMBER 11TH

8AM	HIIT Circuit	Fitness Floor	Deemsey
9AM	Boxing Circuit	Movement Studio 2	Mafe
	Stretch	Movement Studio 3	Thais
11AM	Family Rock Wall	Rock Wall	Kristen
	Tabata	Movement Studio 2	Deemsey
	H2O Revolution	Atlantic Pool	Thais
5PM	H2O Kicks and Punches	Atlantic Pool	Mafe
	Meditation & Sound Bowls	Ocean Studio	Julieta
6PM	Boxing Circuits	Movement Studio 2	Mafe

- Must be 15 years of age or older in order to access Fitness classes or gym.