

MOVEMENT SCHEDULE

Hotel Guest & Member Classes

9/18-9/24

MONDAY

7AM	TRX	Rock Wall	Deemsey
8AM	Fusion Boxing	Movement Studio 2	Mafe
9AM	Functional Training	Fitness Floor	Mafe
10AM	Pilates & Foam Roller	Rock Wall	Esther
	Zumba (Level 1)	Movement Studio 2	Claudio
4PM	Hatha Yoga	Movement Studio 2	Julieta
5PM	Boxing Circuits	Movement Studio 2	Deemsey
6PM	Strength & Balance	Movement Studio 2	Deemsey

TUESDAY

7AM	Beach Boot Camp	Beach Access Gate	Deemsey
8AM	Turbo Cardio	Movement Studio 2	Deemsey
9AM	Pure Strength	Movement Studio 1	Karl
	Kettle Bell	Movement Studio 2	Mafe
10AM	H2O Tabata	Atlantic Pool	Sarah
11:00AM	Pilates Reformer	Sunrise Studio	Maria Paula
	Boxing Circuits	Movement Studio 2	Mafe
12PM	Bands and Cardio	Rock Wall	Cesar
4PM	Functional Training	Fitness Floor	Eddy
	Open Rock Climbing	Rock Wall	Teri
5PM	Meditation and	Beach	Christina
5PM	TANGO Dance -	Movement Studio 1	Monica
5:45PM	TANGO Skills (20 mins)	Movement Studio 1	Monica

WEDNESDAY

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

THURSDAY

7AM	Beach Boot Camp	Cabana Pool Entrance	Sarah
8AM	Slow Flow Yoga	Beach	Christina
	Intro Pilates Reformer	Sunrise Studio	Esther
9AM	20 Min Meditation	Beach	Christina
	Balance, Core, Stability	Movement Studio 2	Thais
10AM	H2O Tabata	Atlantic Pool	Karl
4:30PM	Sound Bowls	Movement Studio 1	Christina
5:00PM	Mat Yoga/Meditation	Movement Studio 1	Christina
	TANGO Dance	Movement Studio 2	Monica
5:45pm	Tango Skills (20 Mins)	Movement Studio 2	Monica

** Please note the classes in **BLUE/BOLD** You MUST arrive 5 minutes prior to the start of the class. The meeting location is at the Spa Desk.

Rock Wall reservations are required please contact Spa Desk

MOVEMENT SCHEDULE

Hotel Guest & Member Classes

9/18-9/24

FRIDAY

7AM	Beach Boot Camp	Beach Access Gate	Cesar
8AM	Yoga	Beach	Christina
	Circuit Training	Fitness Floor	Mafe
	<i>Pilates Reformer (Intro)</i>	<i>Sunrise Studio</i>	<i>Esther</i>
9AM	Sound Bowls (20 mins)	Beach	Christina
	Cycling	Movement Studio 3	Cesar
	Roll and Release	Rock Wall	Mafe
10AM	Aqua Cycle	Atlantic Pool	Karin
11AM	Ballet	Movement Studio 2	Paul
	*Family Rock Wall	Rock Wall	Teri
12PM	Core & Cardio	Rock Wall	Teri
3PM	Core & Strength	Movement Studio 2	Eddy

SATURDAY

7AM	Boxing Circuits	Movement Studio 2	Cesar
8AM	Beach Boot Camp	Beach Access Gate	Deemsey
	Slow Flow Yoga	Movement Studio 1	Ivana
9AM	H2O Cardio	Cabana Pool	Karl
	Aqua Cycle	Atlantic Pool	Cesar
	<i>Pilates Reformer</i>	<i>Sunrise Studio</i>	<i>Ivana</i>
11AM	Boxing Circuit	Movement Studio 2	Eddy
	Cycling	Movement Studio 3	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

SUNDAY

8AM	HIIT Circuit	Movement Studio 2	Deemsey
9AM	Boxing	Movement Studio 1	Deemsey
	Aqua Cycling Revolution	Atlantic Pool	Thais
10AM	<i>Family Yoga</i>	<i>Movement Studio 1</i>	<i>Julieta</i>
11AM	*Family Rock Wall	<i>Rock Wall</i>	Kristen
	Tabata	Movement Studio 1	Deemsey
	Aqua Fusion	Atlantic Pool	Thais
3PM	Kettle Bell/Circuit	Fitness Floor	Mafe
4PM	Boxing Circuit	Movement Studio 2	Mafe
5PM	<i>Meditation & Sound Bowls</i>	<i>Ocean Studio</i>	<i>Julieta</i>
6PM	Roll & Release	Rock Wall	Mafe

** Please note the classes in **BLUE** . You MUST arrive 5 minutes prior to the start of the class. The meeting location is at the Spa Desk. You will be escorted to the North Tower by a fitness attendant.

Rock Wall reservations are required please contact Spa Desk