



FITNESS SCHEDULE

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For more information regarding Resort Activities, please contact Concierge at 780 852 6091, or visit the Concierge Desk located in the Main Lodge from 9:00 AM - 5:30 PM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
					SAVASANA SOUND JOURNEY WITH RACHEL 11:00 AM - 12:00 PM	SUNDAY RESET YOGA WITH KERSTIN 10:00 AM - 11:00 AM
3	4	5	6	7	8	9
AQUAFIT WITH ANNA 10:00 AM - 11:00 AM	STRETCH AND STRENGTHEN WITH MELODY 4:30 PM - 5:30 PM	YIN YANG YOGA WITH KELI 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM 5 ELEMENT YOGA WITH MELISSA 5:30 PM - 6:30 PM	HATHA FLOW WITH ALI 9:00 AM - 10:00 AM	AQUAFIT WITH ANNA 9:00 AM - 10:00 AM SAVASANA SOUND JOURNEY WITH RACHEL 11:00 AM - 12:00 PM	SUNDAY RESET YOGA WITH MELODY 10:00 AM - 11:00 AM
10	11	12	13	14	15	16
AQUAFIT WITH ANNA 9:00 AM - 10:00 AM	STRETCH AND STRENGTHEN WITH ALI 5:30 PM - 6:30 PM	YING YANG YOGA WITH KELI 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM 5 ELEMENT YOGA WITH MELISSA 5:30 PM - 6:30 PM	FIT FLOW WITH FRANKIE 9:30 AM - 10:30 AM	SAVASANA SOUND JOURNEY WITH RACHEL 11:00 AM - 12:00 PM	SUNDAY RESET YOGA WITH KERSTIN 10:00 AM - 11:00 AM
17	18	19	20	21	22	23
AQUAFIT WITH ANNA 9:00 AM - 10:00 AM	STRETCH AND STRENGTHEN WITH MELODY 5:30 PM - 6:30 PM	YING YANG YOGA WITH KELI 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM 5 ELEMENT YOGA WITH MELISSA 5:30 PM - 6:30 PM	FIT FLOW WITH MELODY 11:30 PM - 12:30 PM	AQUAFIT WITH ANNA 9:00 AM - 10:00 AM SAVASANA SOUND JOURNEY WITH RACHEL 11:00 AM - 12:00 PM	SUNDAY RESET YOGA WITH MELODY 10:00 AM - 11:00 AM
24	25	26	27	28	29	30
AQUAFIT WITH MELODY 9:00 AM - 10:00 AM	STRETCH AND STRENGTHEN WITH ALI 5:30 PM - 6:30 PM	YING YANG YOGA WITH KELI 7:00 PM - 8:00 PM	AQUAFIT WITH ANNA 9:00 AM - 10:00 AM 5 ELEMENT YOGA WITH MELISSA 5:30 PM - 6:30 PM	FIT FLOW WITH FRANKIE 9:30 AM - 10:30 AM ALL AGES ZUMBA WITH JHAY 6:00 PM - 7:00 PM	FAMILY SOUND JOURNEY WITH RACHEL 11:00 AM - 12:00 AM VINYASA FLOW WITH FRANKIE 4:30 PM - 5:30 PM	SUNDAY RESET YOGA WITH ALI 10:00 AM - 11:00 AM