



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
						CANDLELIT YIN YOGA WITH STEPHANIE 9:00 AM - 10:00 AM
2	3	4	5	6	7	8
SLOW FLOW & MEDITATION WITH STEPHANIE 6:00 PM - 7:00 PM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	ROOT & FLOW YOGA WITH KELLI 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	FUNCTIONAL FITNESS WITH XANDER 9:00 AM - 10:00 AM	MIXED LEVEL FLOW YOGA WITH STEPHANIE 5:00 PM - 6:00 PM	YIN YOGA WITH MELODY 11:00 AM - 12:00 PM
9	10	11	12	13	14	15
SLOW FLOW & MEDITATION WITH MELODY 11:00 AM - 12:00 PM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	ROOT & FLOW YOGA WITH KELLI 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	FUNCTIONAL FITNESS WITH XANDER 9:00 AM - 10:00 AM	MIXED LEVEL FLOW YOGA WITH STEPHANIE 5:00 PM - 6:00 PM	CANDLELIT YIN YOGA WITH STEPHANIE 9:00 AM - 10:00 AM
16	17	18	19	20	21	22
SLOW FLOW & MEDITATION WITH STEPHANIE 8:30 AM - 9:30 AM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	ROOT & FLOW YOGA WITH KELLI 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	FUNCTIONAL FITNESS WITH XANDER 9:00 AM - 10:00 AM	MIXED LEVEL FLOW YOGA WITH STEPHANIE 5:00 PM - 6:00 PM	CANDLELIT YIN YOGA WITH STEPHANIE 9:00 AM - 10:00 AM
23	24	25	26	27	28	29
SLOW FLOW & MEDITATION WITH STEPHANIE 8:30 AM - 9:30 AM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	ROOT & FLOW YOGA WITH KELLI 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	FUNCTIONAL FITNESS WITH XANDER 9:00 AM - 10:00 AM	MIXED LEVEL FLOW YOGA WITH STEPHANIE 5:00 PM - 6:00 PM	CANDLELIT YIN YOGA WITH STEPHANIE 9:00 AM - 10:00 AM
30	31					
SLOW FLOW & MEDITATION WITH STEPHANIE 8:30 AM - 9:30 AM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM					