FITNESS SCHEDULE

RESERVE YOUR SPOT ONLINE

For more information regarding Resort Activities, please contact the hotel at 780 852 6091, or visit Concierge located in the Main Lodge.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SUNDAYS SLOW FLOW WITH KELLI 11:00AM - 12:00PM	2 AQUAFIT WITH MELODY 9:00AM - 10:00PM	3 VINYASA YOGA WITH STEPH 7:30AM - 8:30AM	4 AQUAFIT WITH MELODY 9:00AM - 10:00AM	5 VINYASA YOGA WITH STEPH 7:30AM - 8:30AM	6 AQUA PILATES WITH MELODY 9:00AM - 10:00AM	7
SUNDAY RESET WITH VLADI 5:00PM - 6:00PM	RETURN TO SATTVA WITH ASH 7:00PM - 8:00 PM	PILATES FUSION WITH MEAGAN 7:00PM - 8:00PM	HATHA FLOW WITH KELLI 7:00PM - 8:00PM		PILATES FUSION WITH MEAGAN 7:00PM - 8:00PM	
8 SUNDAYS SLOW FLOW WITH KELLI 11:00AM-12:00PM	9 VINYASA YOGA WITH STEPH 7:30AM - 8:30AM	10 VINYASA YOGA WITH STEPH 7:30AM - 8:30PM	11	12	13	14 FOREST BATHING WITH GILLY 9:00AM -10:00AM
SUNDAY RESET WITH VLADI 5:00PM - 6:00PM	RETURN TO SATTVA WITH ASH 7:00PM - 8:00PM	PILATES FUSION WITH MEAGAN 7:00PM - 8:00PM	HATHA FLOW WITH KELLI 7:00PM - 8:00PM	REST AND RESTORE WITH GILLY 7:00PM - 8:00PM	PILATES FUSION WITH MEAGAN 7:00PM - 8:00PM	
15 SUNDAY SLOW FLOW WITH KELLI 11:00AM - 12:00PM	16 VINYASA YOGA WITH STEPH 7:30AM - 8:30AM	17 VINYASA YOGA WITH STEPH 7:30AM - 8:30AM	18 VINYASA YOGA WITH STEPH 7:30AM - 8:30AM	19	20	21 FOREST BATHING WITH GILLY 9:00AM - 10:00AM
SUNDAY RESET WITH VLADI 5:00PM - 6:00PM	RETURN TO SATTVA WITH ASH 7:00PM - 8:00PM	PILATES FUSION WITH MEAGAN 7:00PM - 8:00PM	HATHA FLOW WITH KELLI 7:00PM - 8:00PM	REST AND RESTORE WITH GILLY 7:00PM - 8:00PM	PILATES FUSION WITH MEAGAN 7:00PM - 8:00PM	
22 SUNDAY SLOW FLOW WITH KELLI 11:00AM -12:00PM	23 VINYASA YOGA WITH STEPH 7:30AM - 8:30AM	24 VINYASA YOGA WITH STEPH 7:30AM -8:30AM	25 VINYASA YOGA WITH STEPH 7:30AM - 8:30AM	26	27	28 FOREST BATHING WITH GILLY 9:00AM - 10:00AM
SUNDAY RESET WITH VLADI 5:00PM - 6:00PM	RETURN TO SATTVA WITH ASH 7:00PM - 8:00PM	PILATES FUSION WITH MEAGAN 7:00PM - 8:00PM	HATHA FLOW WITH KELLI 7:00PM - 8:00PM	REST AND RESTORE WITH GILLY 7:00PM - 8:00PM	PILATES FUSION WITH MEAGAN 7:00PM - 8:00PM	
29 SUNDAYS SLOW FLOW WITH KELLI 11:00AM - 12:00PM	30 VINYASA YOGA WITH STEPH 7:30AM - 8:30AM					
SUNDAY RESET WITH VLADI 5:00PM - 6:00PM	RETURN TO SATTVA WITH ASH 7:00PM - 8:00PM					