



**CARNEROS**  
RESORT AND SPA



**DECEMBER**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 CORE FUSION 8:15 - 9:00am Leslie in the Motion Studio</p> <p>YOGA FOR ALL 9:30-10:30am Leslie in the Motion Studio</p>	3	4	5	<p>6 GENTLE YOGA 9:00 - 10:00am Carolena Hilltop Living Room</p>	<p>7 POWER YOGA 9:00 - 10:00am Nicole Motion Studio</p>	<p>1/8 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio</p> <p>PILATES 9:30-10:30am Leslie in Motion Studio</p>
<p>9 CORE FUSION 8:15 - 9:00am Leslie in the Motion Studio</p> <p>YOGA FOR ALL 9:30-10:30am Leslie in the Motion Studio</p>	10	11	12	<p>13 GENTLE YOGA 9:00 - 10:00am Carolena Sonoma I</p>	<p>14 POWER YOGA 9:00 - 10:00am Leslie Sonoma I</p>	<p>15 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio</p> <p>PILATES 9:30-10:30am Leslie in Motion Studio</p>
<p>16 CORE FUSION 8:15 - 9:00am Leslie in the Motion Studio</p> <p>YOGA FOR ALL 9:30-10:30am Leslie in the Motion Studio</p>	17	18	19	<p>20 GENTLE YOGA 9:00 - 10:00am Leslie Motion Studio</p>	<p>21 POWER YOGA 9:00 - 10:00am Nicole Motion Studio</p>	<p>22 BOOTCAMP 8:15 - 9:00am Kat in Motion Studio</p> <p>YOGA FOR ALL 9:30-10:30am Michelle in Motion Studio</p>
<p>23 FITNESS FUSION 8:15 - 9:00am Kat in the Motion Studio</p> <p>YOGA FOR ALL 9:30-10:30am Kat in the Motion Studio</p>	24	25	26	<p>27 GENTLE YOGA 9:00 - 10:00am Nicole Motion Studio</p>	<p>28 POWER YOGA 9:00 - 10:00am Nicole Motion Studio</p>	<p>29 FITNESS FUSION 8:15 - 9:00am Kat in Motion Studio</p> <p>YOGA FOR ALL 9:30-10:30am Kat in Motion Studio</p>
<p>30 CORE FUSION 8:15 - 9:00am Rikki in the Motion Studio</p> <p>BARRE 9:30-10:30am Rikki in the Motion Studio</p>	31					

FOR MORE INFORMATION OR TO SIGN UP FOR CLASS PLEASE CONTACT THE SPA.

POWERED BY **DWS** Donovan's Wellness Solutions