



# CARNEROS

RESORT AND SPA



## JANUARY

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

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

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