

MOVEMENT SCHEDULE

Hotel Guest & Member Classes

2/12-2/18

MONDAY

7AM	TRX	Rock Wall	Deemsey
8AM	Fusion Boxing	Movement Studio 2	Mafe
9AM	Functional Training	Fitness Floor	Mafe
10AM	Pilates & Foam Roller	Rock Wall	Esther
	Zumba (Level 1)	Movement Studio 2	Claudio
	Stem Cells	Movement Studio 1	Dr . Sarah
	Are they safe?		
4PM	Hatha Yoga	Movement Studio 2	Julieta
5PM	Boxing Circuits	Movement Studio 2	Deemsey
6PM	Strength & Balance	Movement Studio 2	Deemsey

TUESDAY

7AM	Beach Boot Camp	Beach Access Gate	Deemsey
8AM	Turbo Cardio	Movement Studio 2	Deemsey
9AM	Pure Strength	Movement Studio 1	Karl
	Kettle Bell	Movement Studio 2	Mafe
10AM	H2O Tabata	Atlantic Pool	Sarah
	Open Rock Wall	Rock Wall	Teri
	Pilates Reformer	Sunrise Studio	Maria Paula
	Boxing Circuits	Movement Studio 2	Mafe
12PM	Bands and Cardio	Rock Wall	Cesar
1PM	**Core & Cardio	Movement Studio 1	Teri
3PM	Functional Training	Fitness Floor	Eddy
	Open Rock Climbing	Rock Wall	Teri
	(6pp -5yrs and up)		
5PM	Meditation and Stretch	Beach	Julieta
	TANGO Dance (65 Mins)	Movement Studio 1	Monica

WEDNESDAY

8AM	Pilates Reformer	Sunrise Studio	Esther
	Beach Yoga	Beach	Mariso
9AM	Kettlebell Flow	Movement Studio 2	Mafe
10AM	Cycling	Movement Studio 3	Mafe
	Stretch	Movement Studio 1	Karl
	Core & Cardio	Stretch Area	Teri
11AM	Core Ball Fusion	Movement Studio 1	Esther
	Power Sculpt	Fitness Floor	Mafe
4PM	Chakra Balancing Hypnotherapy	Movement Studio 2	Joanne
5PM	Boot Camp Boxing	Movement Studio 2	Eddy
	Meditation (20 mins)	Beach	Julieta
6:30PM	Salsa (65 mins)	Ocean Studio	Carlos/Thais

THURSDAY

7AM	Beach Boot Camp	Cabana Enterance	Sarah
8AM	Slow Flow Yoga	Beach	Christina
	Intro Pilates Reformer	Sunrise Studio	Esther
9AM	20 Min Meditation	Beach	Christina
	Balance, Core, Stability	Movement Studio 2	Thais
10AM	H2O Tabata	Atlantic Pool	Karl
4:30PM	Sound Bowls	Ocean Studio	Christina
5:00PM	Mat Yoga/Meditation	Ocean Studio	Christina
	TANGO Dance (65 Mins)	Movement Studio 1	Monica

MOVEMENT SCHEDULE

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FRIDAY

7AM	Beach Boot Camp	Beach Access Gate	Cesar
8AM	Beach Yoga	Beach	Christina
	Circuit Training	Fitness Floor	Cesar
	<i>Pilates Reformer (Intro)</i>	<i>Sunrise Studio</i>	<i>Esther</i>
9AM	Sound Bowls (20 mins)	Beach	Christina
	Cycling	Movement Studio 3	Cesar
	Roll and Release	Rock Wall	Mafe
10AM	Aqua Cycle	Atlantic Pool	Karin
11AM	Ballet	Movement Studio 2	Paul
	Family Rock Wall (6pp -5yrs and up)	CANCELED	Teri
	Kicks and Punches	Atlantic Pool	Karin
12PM	Core & Cardio	CANCELED	Teri
3PM	Core & Strength	Movement Studio 2	Eddy
6:30PM	Salsa Dance (65 mins)	<i>Ocean Studio</i>	Carlos/Thais

SATURDAY

7AM	Boxing Circuits	Movement Studio 2	Cesar
8AM	Beach Boot Camp	Beach Access Gate	Deemsey
	Slow Flow Yoga	Movement Studio 1	Maria Paula
9AM	H2O Cardio	Cabana Pool	Karl
	Aqua Cycle	Atlantic Pool	Cesar
	<i>Pilates Reformer</i>	<i>Sunrise Studio</i>	<i>Maria Paula</i>
11AM	Boxing Circuit	Movement Studio 2	Eddy
	Cycling	Movement Studio 3	Cesar
12PM	Bands and Cardio	Rock Wall	Cesar
1PM	Family Rock Wall (6pp -5yrs and up)	Rock Wall	Karl
4PM	Kettlebell	Movement Studio 2	Kristen
5PM	Circuit & Cardio	Movement Studio 2	Kristen

SUNDAY

8AM	HIIT Circuit	Movement Studio 2	Deemsey
9AM	Boxing	Movement Studio 2	Deemsey
	Aqua Cycling Revolution	Atlantic Pool	Thais
10AM	Kids Yoga	Movement Studio 1	Julieta
11AM	Family Rock Wall (6pp -5yrs and up)	Rock Wall	Kristen
	Tabata	Movement Studio 2	Deemsey
	Aqua Fusion	Atlantic Pool	Thais
3PM	Kettle Bell/Circuit	Movement Studio 2	Mafe
4PM	Boxing Circuit	Movement Studio 2	Mafe
5PM	Meditation & Sound Bowls	<i>Ocean Studio</i>	Julieta
	Roll & Release	Movement Studio 1	Mafe

** Please note the classes in **BLUE** . You MUST arrive 10 minutes prior to the start of the class. The meeting location is at the Spa Desk. You will be escorted to the North Tower by a fitness attendant.

Rock Wall reservations are required please contact Spa Desk