November 8th through November 14th

GROUP FITNESS

TAHOE DONNER

SUNDAY 11/8	MONDAY 11/9	TUESDAY 11/10	WEDNESDAY 11/11	THURSDAY 11/12	FRIDAY 11/13	SATURDAY 11/14
	6:05-7:00 AM TRX (Kari)	6:30-7:30AM Boxing (Caroline)			6:05-7:15 AM TRX (Kari)	
			7:00-8:00AM Ski Fit (Kim)		7:45-8:45AM Power Yoga (Christy}	
	8:00-9:00AM Spinning (Karen)		8:00-9:00AM Spinning (Karen)	8:00-9:00AM Cardio Strength/Pilates (Virginia)	8:00-9:00AM Spinning (Kim)	8:00-9:00AM Power Core (Ivazina)
9:00-10:00 AM Swim Strong (Mike)	9:30- 10:30AM Cardio Dance (Emily)	9:30-10:45AM Vinyasa Yoga (Jennie)	9:30- 10:30AM Cardio Dance (Emily)	9:30-10:45AM Vinyasa Yoga (Jennie)	9:30- 10:30AM Zumba® (Courtney)	9:30-10:45AM Vinyasa Yoga (Marissa)
	11:15-12:00PM Ski Fit (Delana)	4:15-5:15PM HIIT (Virginia)		11:15-12:00PM Ski Fit (Delana)	10:45-12:00PM Gentle Yoga for Mobility (Jennie)	11:00- 12:00PM Zumba® (Courtney)
4:30-5:30PM Yin Yoga (Emily W)	5:15-6:15PM Strength & Core (Ivazina)	5:30-6:30PM Power Yoga (Christy)	5:15-6:15PM Strength & Core (Ivazina)	5:00-6:00PM Boxing (Caroline)	4:30-5:30PM AFLOW - Dance (Heather)	
	6:30-7:30PM Vinyasa Yoga (Kelly)		6:30-7:30PM Vinyasa Yoga (Kelly)			

SPINNING DANCE STRENGTH YOGA Kids Friendly

*PLEASE CHECK WEBSITE OR ASK OUR HOSTS AT THE FRONT DESK FOR CANCELATIONS AND UPDATES