



# GROUP FITNESS SCHEDULE

June 26th - July 28th 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun
<b>12.00P</b>	NO CLASS	VINYASA Yoga -Andrea C.-	VINYASA Flow Yoga -Andrea C.-	VINYASA Yoga -Beth H.-	H.I.I.T. Boxing -Noelia C.-
<b>5.30p</b>	ATHELTIC YOGA -Beth H.-	UPPER-CUT BOXING -Noelia C.-		UPPER-CUT BOXING -Noelia C.-	
	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul
<b>12.00P</b>	NO CLASS	NO CLASS	VINYASA Flow Yoga -Andrea C.-	ATHELTIC YOGA -Beth H.-	POWER YOGA -Robyn R.-
<b>5.30p</b>	NO CLASS	NO CLASS		UPPER-CUT BOXING -Noelia C.-	
	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
<b>12.00P</b>		VINYASA Yoga -Andrea C.-	VINYASA Flow Yoga -Andrea C.-	ATHELTIC YOGA -Beth H.-	POWER YOGA -Robyn R.-
<b>5.30p</b>	ATHELTIC YOGA -Beth H.-	UPPER-CUT BOXING -Noelia C.-		UPPER-CUT BOXING -Noelia C.-	
	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul
<b>12.00p</b>		VINYASA Yoga -Andrea C.-	VINYASA Flow Yoga -Andrea C.-	ATHELTIC YOGA -Beth H.-	H.I.I.T. Boxing -Noelia C.-
<b>5.30p</b>	ATHELTIC YOGA -Beth H.-	UPPER-CUT BOXING -Noelia C.-		UPPER-CUT BOXING -Noelia C.-	
	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul
<b>12.00p</b>		VINYASA Yoga -Andrea C.-	VINYASA SF Yoga -Andrea C.-	ATHELTIC YOGA -Beth H.-	POWER YOGA -Robyn R.-
<b>5.30p</b>	NO CLASS	UPPER-CUT BOXING -Noelia C.-		UPPER-CUT BOXING -Noelia C.-	

For inquiries, please contact the Spa Concierge desk directly by simply dialing 312.660.8250.

Classes are subject to change without notice.

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