

# SPA AQUAE YOGA SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 AM						Pilates/Yoga	Gentle
8:30 AM	Beginner	Hatha		Alignment	Beginner	Pilates/Yoga	Hatha
9:45 AM	Vinyasa	Vinyasa		Flow	Vinyasa	Pilates/Yoga	Beginner
11:00 AM	Gentle	Gentle				Gentle	Belly Dance
12:15 PM						Flow	
1:30 PM						Vinyasa	
5:30 PM				Hatha	Hatha		
6:00 PM							
6:45 PM				Flow	Flow		

## GENERAL FEES

Single Class *(includes single class and access to Spa facilities)*.....\$45

Monthly Membership *(includes unlimited yoga classes and access to the Spa facilities for 30 days)*.....\$125

*Classes and instructors are subject to change. Management reserves all rights. We recommend that you consult with your physician before taking part in any physical activity.*