



FITNESS SCHEDULE

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For more information regarding Resort Activities, please contact Concierge at 780 852 6091, or visit the Concierge Desk located in the Main Lodge from 9:00 AM - 5:30 PM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
MORNING MANTRAS WITH MELISSA 8:30 AM - 9:30 PM	STRETCH AND STRENGTHEN WITH ALI 6:00 PM - 7:00 PM	YIN YANG YOGA WITH KELLI 7:00 PM - 8:00 PM	5 ELEMENT YOGA WITH MELISSA 9:00 AM - 10:00 AM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM	SAVASANA SOUND JOURNEY WITH RACHEL 8:00 AM - 9:00 AM FIT FLOW WITH FRANKIE 4:30 PM - 5:30 PM	SUNDAY RESET YOGA WITH KERSTIN 10:00 AM - 11:00 AM
8	9	10	11	12	13	14
AQUAFIT WITH MELODY 9:00 AM - 10:00 AM	STRETCH AND STRENGTHEN WITH ALI 6:00 PM - 7:00 PM	YIN YANG YOGA WITH KELLI 7:00 PM - 8:00 PM	5 ELEMENT YOGA WITH MELISSA 9:00 AM - 10:00 AM	AQUAFIT WITH ANNA 9:00 AM - 10:00 AM	SAVASANA SOUND JOURNEY WITH RACHEL 8:00 AM - 9:00 AM FIT FLOW WITH FRANKIE 4:30 PM - 5:30 PM	SUNDAY RESET YOGA WITH MELODY 10:00 AM - 11:00 AM
15	16	17	18	19	20	21
AQUAFIT WITH ANNA 9:00 AM - 10:00 AM	STRETCH AND STRENGTHEN WITH ALI 6:00 PM - 7:00 PM	YING YANG YOGA WITH KELLI 7:00 PM - 8:00 PM	5 ELEMENT YOGA WITH MELISSA 9:00 AM - 10:00 AM	AQUAFIT WITH ANNA 9:00 AM - 10:00 AM	SAVASANA SOUND JOURNEY WITH RACHEL 8:00 AM - 9:00 AM FIT FLOW WITH FRANKIE 4:30 PM - 5:30 PM	SUNDAY RESET YOGA WITH KERSTIN 10:00 AM - 11:00 AM
22	23	24	25	26	27	28
AQUAFIT WITH ANNA 9:00 AM - 10:00 AM	STRETCH AND STRENGTHEN WITH ALI 6:00 PM - 7:00 PM	YING YANG YOGA WITH KELLI 7:00 PM - 8:00 PM	FIT FLOW WITH FRANKIE 10:30 AM - 11:30 AM	AQUAFIT WITH ANNA 9:00 AM - 10:00 AM	SAVASANA SOUND JOURNEY WITH RACHEL 8:00 AM - 9:00 AM FIT FLOW WITH FRANKIE 4:30 PM - 5:30 PM	SUNDAY RESET YOGA WITH MELODY 10:00 AM - 11:00 AM
29	30	31				
AQUAFIT WITH MELODY 9:00 AM - 10:00 AM	STRETCH AND STRENGTHEN WITH ALI 6:00 PM - 7:00 PM	YING YANG YOGA WITH KELLI 7:00 PM - 8:00 PM				