

WELLNESS SCHEDULE MARCH 2025

SCAN THE QR CODE TO RESERVE



SUN	MON	TUES	WED	THURS	FRI	SAT
						9AM 1 HAPPY HIPS Fitness Center 10:30AM \$35 AERIAL YOGA Spa
8:30AM MORNING MEDITATION Spa 10AM RISE & SHINE YOGA Fountain Terrace 11:30AM \$35 AERIAL YOGA Spa	8AM HIIT W/ PROPS Fitness Center 9AM RISE & SHINE YOGA Fountain Terrace 10AM GLUTE STRENGTH Fitness Center 11AM \$35 AERIAL YOGA Spa	8AM ABS & GLUTES Fitness Center 9:30AM \$35 BUNGEE FITNESS Spa 10AM HAPPY HIPS Fitness Center 12PM \$35 AERIAL YOGA Spa	9AM ABS & GLUTES Fitness Center 10AM \$35 AERIAL YOGA Spa 11:30AM \$15 CARDIO & STRENGTH Fitness Center	10AM YIN YOGA Spa 11:30AM \$35 AERIAL YOGA Spa	8AM 7 GLUTE STRENGTH Fitness Center 9AM RISE & SHINE YOGA Fountain Terrace 10AM \$35 AERIAL YOGA Spa 11AM OUTDOOR FITNESS Fountain Terrace	9AM HAPPY HIPS Fitness Center 10:30AM \$35 AERIAL YOGA Spa 4PM FLOATING MEDITATION Spa
10AM RISE & SHINE YOGA Fountain Terrace 11:30AM \$35 AERIAL YOGA Spa	8AM HIIT W/ PROPS Fitness Center 9AM RISE & SHINE YOGA Fountain Terrace 10AM GLUTE STRENGTH Fitness Center 11AM \$35 AERIAL YOGA Spa	8AM ABS & GLUTES Fitness Center 9:30AM \$35 BUNGEE FITNESS Spa 10AM HAPPY HIPS Fitness Center 12PM \$35 AERIAL YOGA Spa	9AM ABS & GLUTES Fitness Center 10AM \$35 AERIAL YOGA Spo 11:30AM \$15 CARDIO & STRENGTH Fitness Center	10AM YIN YOGA Spa 11:30AM \$35 AERIAL YOGA Spa	8AM GLUTE STRENGTH Fitness Center 9AM RISE & SHINE YOGA Fountain Terrace 10AM \$35 AERIAL YOGA Spa 11AM OUTDOOR FITNESS Fountain Terrace	9AM HAPPY HIPS Fitness Center 10:30AM \$35 AERIAL YOGA Spa
8:30AM MORNING MEDITATION Spa 10AM RISE & SHINE YOGA Fountain Terrace 11:30AM \$35 AERIAL YOGA	8AM HIIT W/ PROPS Fitness Center 9AM RISE & SHINE YOGA Fountain Terrace 10AM GLUTE STRENGTH Fitness Center 11AM \$35 AERIAL YOGA Spa	8AM ABS & GLUTES Fitness Center 9:30AM \$35 BUNGEE FITNESS Spa 10AM HAPPY HIPS Fitness Center 12PM \$35 AERIAL YOGA Spa	9AM ABS & GLUTES Fitness Center 10AM \$35 AERIAL YOGA Spa 11:30AM \$15 CARDIO & STRENGTH Fitness Center	10AM YIN YOGA Spa 11:30AM \$35 AERIAL YOGA Spa	8AM 21 GLUTE STRENGTH Fitness Center 9AM RISE & SHINE YOGA Fountain Terrace 10AM \$35 AERIAL YOGA Spa 11AM OUTDOOR FITNESS Fountain Terrace	9AM HAPPY HIPS Fitness Center 10:30AM \$35 AERIAL YOGA
23 / 30 8:30AM MORNING MEDITATION Spa 10AM RISE & SHINE YOGA Fountain Terrace 11:30AM \$35 AERIAL YOGA Spa	24 / 31 8AM HIIT W/ PROPS Fitness Center 9AM RISE & SHINE YOGA Fountain Terrace 10AM GLUTE STRENGTH Fitness Center 11AM \$35 AERIAL YOGA Spa	25 8AM ABS & GLUTES Fitness Center 9:30AM \$35 BUNGEE FITNESS Spa 10AM HAPPY HIPS Fitness Center 12PM \$35 AERIAL YOGA Spa	9AM ABS & GLUTES Fitness Center 10AM \$35 AERIAL YOGA Spa 11:30AM \$15 CARDIO & STRENGTH Fitness Center	10AM YIN YOGA Spa 11:30AM \$35 AERIAL YOGA Spa	28 8AM GLUTE STRENGTH Fitness Center 9AM RISE & SHINE YOGA Fountain Terrace 10AM \$35 AERIAL YOGA Spa 11AM OUTDOOR FITNESS Fountain Terrace	9AM HAPPY HIPS Fitness Center 10:30AM \$35 AERIAL YOGA 4PM FLOATING MEDITATION Spa