

SUMMER 2024

MORNING MOVEMENT

8:00 - 9:00am

MONDAY	Ashtanga Inspired Yoga
TUESDAY	Align & Shine Yoga
WEDNESDAY	Align
THURSDAY	Strength & Balance
FRIDAY	Vinyasa Flow Yoga
SATURDAY	Heart Opening Hatha Yoga
SUNDAY	Mat Pilates

EVENING MOVEMENT & MEDITATION

5:00 - 6:00pm

MONDAY	Sound Meditation
TUESDAY	Slow Flow Yoga
WEDNESDAY	Sound Meditation
THURSDAY	Yoga & Breathwork
FRIDAY	Sound Meditation
SATURDAY	Yoga & Breathwork
SUNDAY	Yoga & Breathwork

MOVEMENT PAVILION OPEN ACCESS

7:00am - 9:00pm daily*

**Subject to closure for private sessions*

COMMUNAL HYDROTHERAPY & THERMAL SUITE ACCESS

MONDAY - THURSDAY	9:00am - 7:00pm
FRIDAY - SUNDAY	9:00am - 10:00am & 6:00pm - 7:00pm

PRIVATE WATSU POOL ACCESS

9:00am - 7:00pm daily*

**Subject to closure for private sessions*

WELLNESS ACTIVITIES

