THE RESORT AT PEDREGAL

JULY 2018

WELLNESS PROGRAM CALENDAR
COMPLIMENTARY CLASSES

Monday
8:00 am
Gentle Yoga

9:00 am
HIIT(High Intensity Interval Training)

Tuesday
8:00 am
Vinyasa Yoga

9:00 am
Glutes & Abs

Wednesday
8:00 am
Ballet Barre

9:00 am
TRX Bodyweight

Thursday
8:00 am
Restorative Yoga

9:00 am
Tabata Workout

Friday
8:00 am
Yoga on the Beach

9:00 am
Glutes & Abs

5:30 pm
Salsa Class

Saturday
7:00 am
Group Hiking

8:00 am
Vinyasa Yoga

9:00 am
HIIT (High Intensity Interval Training)

Sunday
9:00 am
Mat Pilates

"A wide array of private classes are available upon 24 hrs. in advance request, please contact your Personal Concierge at extension 5035 for private training scheduling."
*Private classes (starting at $120usd plus tax per person)

ELITE FIT AGENCY

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