



FEBRUARY COMPLIMENTARY CLASS SCHEDULE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|---|-----------|---|--|--|
| | | | | | | 1 VINYASA FLOW 8:30 - 9:30am Maria Melisse Suite |
| 2 HATHA YOGA 8:30 - 9:30am Laura Melisse Suite | 3 | 4 FITNESS FUSION 9:00-10:00am Tony Gym | 5 | 6 FITNESS FUSION 9:00-10:00am Tony Gym | 7 PILATES 9:00 - 10:00am Jacqi Melisse Suite | 8 VINYASA FLOW 8:30 - 9:30am Maria Melisse Suite |
| 9 HATHA YOGA 8:30 - 9:30am Laura Melisse Suite | 10 | 11 FITNESS FUSION 9:00-10:00am Tony Gym | 12 | 13 FITNESS FUSION 9:00-10:00am Tony Gym | 14 BAPTISTE POWER YOGA 9:00 - 10:00am Anne Melisse Suite | 15 VINYASA FLOW 8:30 - 9:30am Maria Melisse Suite |
| 16 HATHA YOGA 8:30 - 9:30am Pilar Melisse Suite | 17 | 18 FITNESS FUSION 9:00-10:00am Tony Gym | 19 | 20 FITNESS FUSION 9:00-10:00am Tony Gym | 21 BAPTISTE POWER YOGA 9:00 - 10:00am Pilar Melisse Suite | 22 VINYASA FLOW 8:30 - 9:30am Camren Melisse Suite |
| 23 HATHA YOGA 8:30 - 9:30am Natacha Melisse Suite | 24 | 25 FITNESS FUSION 9:00-10:00am Tony Gym | 26 | 27 FITNESS FUSION 9:00-10:00am Tony Gym | 28 BAPTISTE POWER YOGA 9:00 - 10:00am Pilar Melisse Suite | 29 VINYASA FLOW 8:30 - 9:30am Maria Melisse Suite |

FOR MORE INFORMATION OR TO SIGN UP FOR CLASS PLEASE CONTACT THE SPA AT EXT. 159

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