

FITNESS CLASSES

MONDAY

7-8 AM Hatha Yoga **MB**
7:30-8:30 AM TRX Fusion **AT**
8:30-9:30 AM Mobility & Flexibility **FS**

9:30-10:15 AM **Core Conditioning **FS**
10:15-11:15 AM Surfset Fitness **FS**
11:15-12:15 PM *Aerial Hammock Yoga **AT**
2-3 PM Spin Cycle **FS**

TUESDAY

6:45-7:20 AM Kickboxing/Cardio/Strength **FS**
7:30-8:30 AM Bosu & Kettlebell **FS**
8-9:15 AM Kundalini Yoga **MB**
8:30-9:30 AM WellFIT **FS**

8:45-9:45 AM *Aerial Hammock Yoga **AT**
10-11 AM *Wall Yoga **MB**
11-12 PM *Bungee Fitness **AT**
4-5 PM Candelight Restorative Yoga **MB**

WEDNESDAY

6:30-7:30 AM Spin Cycle (*Fitness on Demand*) **MB**
6:30-7:15 AM Tai Chi **MB**
7:15-8:15 AM Deep Yoga Stretch/Meditation **MB**
7:30-8:30 AM TRX Fusion **AT**

8:30-9:30 AM *FloatFit Yoga **SP**
8:30-9:15 AM Aqua Fitness **SB**
9:30-10:30 AM WellFIT **FS**
10:30-11:30 AM *Aerial Hammock Yoga **AT**

THURSDAY

6:30-7 AM Tabata (*Fitness on Demand*) **SP**
7-8 AM WellFIT **FS**
8-9 AM Aqua Fitness **SB**
8-9:10 AM Kundalini Yoga **MB**

9:15-10:15 AM *Bungee Fitness **AT**
10:15-11:15 AM Booty Barre Sculpt **FS**
11:15-12:15 PM *Aerial Hammock Yoga **AT**
5:15-6:15 PM Tai Chi **MB**

FRIDAY

7-8 AM Yin Yoga **MB**
7-8 AM Barefoot Fitness **FS**
8-9 AM WellFIT (*Circuit Training*) **FS**
9:15-10:15 AM *Aerial Hammock Yoga **AT**

10:15-11:15 AM Booty Barre/Pilates **FS**
10:30-11:30 AM *Wall Pulley Training **MB**
4-4:30 PM HIIT Workout (*Fitness on Demand*) **FS**

SATURDAY

7-8 AM Wall Yoga **MB**
7-8 AM Spin **FS**
8-9 AM *Bungee Fitness **AT**
8-9 AM Hatha Yoga **MB**
8-9 AM FloatFit Workout **SP**

9-10 AM *Aerial Hammock Yoga **AT**
9-10 AM WellFIT (*Circuit Training*) **FS**
10:15-11:15 AM *Aerial Hammock Yoga **AT**
11:30-12 PM Tabat (*Fitness on Demand*) **FS**

SUNDAY

8:30-9:30 AM Hatha Yoga **MB**
8:30-9:15 AM **TRX Express **AT**
9-10 AM Surfset Circuit **FS**
9-10 AM *FloatFit Yoga **SP**

9:30-10:30 AM Surfset Circuit **FS**
10:30-11:30 AM Booty Barre Sculpt **FS**
11:30-12:30 PM *Aerial Hammock Yoga **AT**
11:30-12:30 PM Pilates Mat **FS**

LOCATION KEY: **FS** Fitness Studio • **MB** Mind/Body Studio • **AT** Atrium
SP Spa Pool • **SB** Sunset Beach

*Aerial Yoga, Wall Yoga, Bungee Fitness and Wall Pulley Training (additional \$12)

**Semi-Private Training (additional \$25, limit 4)

\$55 Daily Access Fee/Fitness Center. *Sign-up in person or via phone x2732*

Full fitness class descriptions available at scottsdaleprincess.com