

# FITNESS CLASSES

## MONDAY

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7:00–7:30AM Tabata HIIT ▶ FS  
7:00–8:00AM Hatha Yoga MB  
7:30–8:30AM TRX Fusion AT

8:30–9:30AM Step Workout FS  
9:30–10:30AM \*Aerial Yoga AT  
2:00–3:00PM Spin Cycle ▶ FS

## TUESDAY

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6:30–7:05AM Kickboxing Intervals ▶ FS  
7:00–8:00AM Wall Pulley Training MB  
8:00–9:00AM Mobility & Flexibility FS  
8:00–9:15AM Kundalini Yoga MB

9:00–10:00AM \*Bungee Fitness AT  
10:00–11:00AM \*Aerial Yoga AT  
4:00–5:00PM Candlelight Restorative Yoga MB

## WEDNESDAY

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6:30–7:30AM Spin Cycle ▶ FS  
6:30–7:15AM Tai Chi MB  
7:00–8:00AM Aqua Fitness SB  
7:15–8:15AM Deep Yoga Stretch MB

8:00–9:00AM TRX Fusion AT  
8:30–9:30AM \*FloatFit Yoga SP  
10:00–11:00AM \*Aerial Yoga AT

## THURSDAY

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7:00–8:00AM Spin Cycle ▶ FS  
8:00–9:00AM Aqua Fitness SB  
8:00–9:10AM Kundalini Yoga MB

9:15–10:15AM Booty Barre Sculpt FS  
10:15–11:15AM \*Aerial Yoga AT  
4:00–5:00PM Total Body Bootcamp ▶ FS

## FRIDAY

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7:00–7:30AM Total Body Blast ▶ FS  
7:00–8:00AM Yin Yoga MB  
8:00–9:00AM WellFIT (Circuit Training) FS  
8:30–9:30AM \*FloatFit Yoga SP

9:15–10:15AM \*Aerial Hammock Yoga AT  
10:00–11:00AM Booty Barre / Pilates FS  
4:00–4:15PM Ab Workout ▶ FS

## SATURDAY

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7:00–8:00AM \*Wall Yoga MB  
7:00–8:00AM Spin Cycle ▶ FS  
7:15–8:15AM \*FloatFit Yoga Fitness SP  
8:00–9:00AM Hatha Yoga MB

8:30–9:30AM \*Bungee Fitness AT  
9:15–10:15AM WellFIT (Circuit Training) FS  
10:15–11:15AM \*Aerial Yoga AT  
2:00–2:25AM Fat Scorching Cardio ▶ FS

## SUNDAY

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8:00–8:30AM Tabata HIIT ▶ FS  
8:30–9:30AM Hatha Yoga MB  
9:00–10:00AM \*FloatFit Yoga Fitness SP  
9:30–10:30AM Surfset Circuit FS

10:30–11:30AM Booty Barre Sculpt FS  
11:30–12:30PM \*Aerial Yoga AT  
11:35–12:20PM Power Pilates ▶ FS

## LOCATION KEY:

FS FITNESS STUDIO • MB MIND/BODY STUDIO • AT ATRIUM  
SB SUNSET BEACH POOL • SP SPA POOL • ▶ FITNESS ON DEMAND

\*AERIAL YOGA, FLOAT FIT YOGA, WALL YOGA, & BUNGEE FITNESS INCUR A \$12 FEE PER PERSON.  
\$55 Daily Access Fee/Fitness Center. Sign-up in person or via phone Ext. 7161 up to 24 hours prior to class

Full fitness class descriptions available at [scottsdaleprincess.com](http://scottsdaleprincess.com)