

FITNESS CLASSES

MONDAY

- 6:15-7:30 AM FloatFit* (SP)
- 7-8 AM Hatha Yoga (MBS)
- 7:30-8:30 AM TRX Fusion (AT)
- 8:30-9:45 AM Aerial Hammock Yoga* (AT)
- 4:30-5:45 PM Yin/Restorative Yoga (MBS)

TUESDAY

- 7-8 AM Treadmill/TRX (FS)
- 8-9:15 AM Kundalini Yoga (MB)
- 8-9:15 AM Aerial Hammock Yoga* (AT)
- 9:15-10:15 AM WellFIT** (FS)

WEDNESDAY

- 6:30-6:50 AM Meditation (MB)
- 7-8 AM Deep Yoga Stretch (MB)
- 7:30-8:30 AM TRX Fusion (AT)
- 9-10:15 AM Aerial Hammock Yoga* (AT)

THURSDAY

- 7-8 AM WellFIT** (FS)
- 7:30-8:45 AM FloatFit* (SP)
- 8-9 AM Aqua Fitness (SP)
- 8-9:10 AM Kundalini Yoga (MB)
- 9:15-10:15 AM Booty Barre Sculpt (FS)
- 10:15-11:30 AM Aerial Hammock Yoga* (AT)
- 5:15-6:15 PM Pilates Mat (FS)

FRIDAY

- 6:45-7:45 AM Treadmill/TRX (FS)
- 7-8 AM Yin Yoga | Meditation (MBS)
- 8-9 AM WellFIT** (FS)
- 9:15-10:15 AM Aerial Hammock Yoga* (AT)

SATURDAY

- 7:30-8:30 AM SurfSet/TRX (FS/AT)
- 8-9 AM Hatha Yoga (MBS)
- 8:30-9:45 AM Aerial Hammock Yoga* (AT)
- 9-10 AM WellFIT** (FS)
- 9:45-11 AM Aerial Hammock Yoga* (AT)

SUNDAY

- 8:30-9:30 AM Hatha Yoga (MBS)
- 9-10 AM SurfSet Circuit (FS)
- 10-11:15 AM Aerial Hammock Yoga* (AT)
- 11:30 AM-12:30 PM Pilates Mat (FS)

LOCATION KEY

- FS Fitness Studio
- MBS Mind/Body Studio
- AT Atrium
- OD Outdoors
- SP Spa Pool
- CL Canyon Lawn
- TR Trellis



Full fitness class descriptions available at scottsdaleprincess.com

** WellFIT - W & B Full Intensity Training.

*\$12 per person, first come first serve, 24-hour advance reservations available. Reservations required. Call the spa for pricing and to book.