

FITNESS CLASSES

MONDAY

7-8 AM Hatha Yoga MB
7:30-8:30 AM TRX Fusion AT
8:30-9:30 AM Wall Pulley Training MB
9:30-10:15 AM **Core Conditioning AT
10:30-11:30 AM *Bungee Bounce FS
11:30-12:30 PM *Aerial Hammock Yoga AT

TUESDAY

7:30-8:30 AM Mobility & Flexibility AT
8-9 AM WellFIT (Circuit Training) FS
8-9:15 AM Kundalini Yoga MB
9:15-10:15 AM *Wall Yoga MB
10-10:45 AM **Bosu/Kettlebell FS
10:15-11:15 AM *Aerial Hammock Yoga AT
4-5 PM Candlelight Restorative Yoga MB

WEDNESDAY

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 *Wall Yoga MB
8:30-9:30 AM Aqua Fitness (weather permitting)
alt - Power Walk SP
9:30-10:30 AM Spinyolates FS
10:30-11:30 AM *Aerial Hammock Yoga AT

THURSDAY

7-8 AM WellFIT (Circuit Training) FS
7:30-8:30 AM TRX HIIT AT
8-9:10 AM Kundalini Yoga MB
8:30-9:30 AM Bungee Bounce AT
9:30-10:30 AM Booty Barre Sculpt FS
10:30-11:30 AM *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

SATURDAY

7-8 AM Wall Yoga MB
7-8 AM Spin FS
8-9 AM Bungee Bounce AT
8-9 AM Hatha Yoga MB
9-10 AM *Aerial Hammock Yoga AT
9-10 AM WellFIT (Circuit Training) FS
10-11 AM *Aerial Hammock Yoga AT

SUNDAY

8:30-9:30 AM Hatha Yoga MB
9-9:45 AM **TRX Express AT
9-10 AM Booty Barre Sculpt FS
10-11 AM Surfset Circuit AT
10-11 AM *Aerial Hammock Yoga FS
11:30-12:30 PM Pilates Mat MB

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

*Aerial Yoga & Wall Yoga additional (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