

# FITNESS SCHEDULE

**MON**

8:00 AM

CARDIO DANCE FIT 50 MIN / Lawn

9:00 AM

YOGA 50 MIN / Beach Deck

**TUES**

8:00 AM

PADDLEBOARD YOGA  
1 HR / Beach / 10 Max\*

9:00 AM

BOXFIT ALL AGES 50 MIN / Lawn

**WED**

8:30 AM

YOGA 50 MIN / Beach Deck

**THUR**

8:00 AM

BEACH FIT 50 MIN / Lawn

8:30 AM

YOGA 50 MIN / Beach Deck

5:15 PM

SUNSET YOGA 50 MIN / Beach Deck

**FRI**

8:00 AM

PADDLEBOARD YOGA  
1 HR / Beach / 10 Max\*

9:00 AM

BOXFIT ALL AGES 50 MIN / Lawn

5:15 PM

SUNSET YOGA 50 MIN / Beach Deck

**SAT**

8:30 AM

BEACH YOGA 1 HR / Lawn

**SUN**

8:00 AM

YOGA 50 MIN / Beach Deck