

March 17 To March 23

ATHLETIC CLUB
AT THE WESTIN



MONDAY

6:00 am	MASTER'S SWIM	Josiah
8:00 am	VINYASA FLOW	Jo Jo
8:30 am	ABC	Jessica D
9:00 am	PIL. EQUIP (\$)	Nina
12:00 pm	PIL. EQUIP BASICS (\$)	Nina
12:00 pm	HATHA FLOW	Heather
4:00 pm	FLOW & RESTORE	Tara
4:00 PM	HIIT	Nina
5:30 pm	YOGA SCULPT	Tara
5:30 pm	AERIAL YOGA	Morgan

TUESDAY

6:30am	HOT VINYASA	Shannon
6:30 am	STRENGTH AND COND'G	Suzie
8:30 am	CHISEL	Nathalie
9:00 am	PIL. EQUIP (\$).	Nina
12:00 pm	PIL. EQUIP (\$)	Deb
12:00 pm	MELT & FLOW	Rachel G
12:00 pm	PILATES MAT	Nina
4:00 pm	PIL. EQUIP (\$).	Missy
5:30 pm	BARRE	Marina
5:30 pm	VINYASA FLOW	Vicki

WEDNESDAY

6:00 am	MASTER'S SWIM	Josiah
6:30 am	HIIT	Heidi
7:30 am	VINYASA	Diana
8:00 am	PIL. EQUIP BASICS (\$)	Nina
9:00 am	PIL. EQUIP (\$)	Nina
10:00 am	PILATES MAT	Nina
12:00 pm	BARRE	Nathalie
12:00 pm	VINYASA FLOW	Laura
12:00 pm	PIL. EQUIP (\$)	Kim
4:00 pm	FLOW & RESTORE	Tara
4:00 PM	HIIT	Nina
5:30 pm	BARRE	Sam

THURSDAY

6:30 am	HOT VINYASA	Jackson
6:30 am	STRENGTH AND COND'G	Suzie
8:30 am	TOTAL BODY	Nathalie
10:00 am	PILATES MAT	Nina
10:00 am	PIL. EQUIP (\$)	Missy
12:00 pm	PIL. EQUIP(\$)	Deb
12:00 pm	VINYASA FLOW	Jen
12:00 pm	ENDURO MAX	Nathalie
5:30 pm	BARRE	Marina

FRIDAY

6:00 am	MASTER'S SWIM	Josiah
8:00 am	VINYASA FLOW	Kait
8:30 am	CHISEL	Nathalie
9:00 am	PIL. EQUIP (\$)	Katie
10:00 am	PIL. EQUIP (\$)	Katie
12:00 pm	PIL. EQUIP (\$)	Kim
12:00 pm	POWER FLOW	Diana
12:00 pm	ENDURO MAX	Genna

SATURDAY

8:00 am	HATHA YOGA	Nicola
9:00 am	HIIT / BARRE	Nathalie
9:00 am	PIL. EQUIP BASICS (\$)	Adryen
10:00 am	PIL. EQUIP (\$)	Adryen

SUNDAY

8:30 am	BHAKTI FLOW	Jo Jo
9:00 am	PIL. EQUIP BASICS (\$)	Adryen
10:00 am	PIL. EQUIP (\$)	Adryen
5:30 pm	MELLOW FLOW	Maura

Blue classes are special events

Yellow classes are new



TEAMBEATS Class