

JUNE 2019 GROUP FITNESS SCHEDULE

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00am -Mediation-DK 9:00am – Yoga– DK 10:00am – Poolside Hula Hooping-DK	2 8:00am – TRX– TL 9:30am— Yin Yoga KA 10:30am – Myofascial Release KA	3 6:30am – Sunrise Yoga DK 8:15am – Spinning-TL 9:00am – TRX– TL 9:30am — Total Body Cycle RR 10:45am – Myofascial Release –KA 6:30pm – XFit Strength– TL	4 8:15am – Cardio XFIT– TL 9:30am – Strong by Zumba MB	5 6:30am – Sunrise Yoga DK 8:15am —Spin Core– TL 9:00am – TRX –TL 6:00pm – CSI Cardio Strength Intervals KC 7:00pm-Yoga – KA	6 9:30am – Barre Fusion MB 12:00pm – Yoga DK	7 8:15am -Spinning-TL 8:15am -H.I.I.T– AO 9:00am – RIP CORE-TL
8 8:00am -Mediation-DK 9:00am – Yoga– DK 10:00am – Poolside Hula Hooping-DK	9 8:00am – TRX– TL 9:30am – Yin Yoga KA 10:30am – Myofascial Release KA	10 6:30am – Sunrise Yoga DK 8:15am – Spinning-TL 9:00am – TRX– TL 9:30am – Total Body Cycle RR 10:45am – Myofascial Release-KA 6:30pm – XFit Strength– TL	11 8:15am – Cardio XFIT– TL 9:30am – Strong by Zumba MB 7:15pm – Barre KR	12 6:30am – Sunrise Yoga KA 8:15am —Spin Core– TL 9:00am – TRX –TL 6:00pm – CSI Cardio Strength Intervals KC 7:00pm -Yoga– KA	13 8:15am - Cardio XFITI-TL 9:30am – Barre Fusion MB 12:00pm – Yoga-MB	14 8:15am -Spinning-TL 8:15am -H.I.I.T– AO 9:00am – RIP CORE-TL
15 8:00am – Meditation KC 9:00am – CSI KC 10:15am – Yoga KC	16 9:30am – Yin Yoga KA 10:30am – Myofascial Release KA	17 6:30am – Sunrise Yoga KA 8:15am – Spinning-TL 9:00am – TRX– TL 9:30am – Total Body Cycle RR 10:45am – Myofascial Release -KA 6:30pm – XFit Strength– TL	18 8:15am – Cardio XFIT– TL 9:30am – Strong by Zumba MB 7:15pm – Barre KR	19 6:30am – Sunrise Yoga DK 8:15am —Spin Core– TL 9:00am – TRX –TL 6:00pm – CSI Cardio Strength Intervals KC 7:00pm -Yoga– KA	20 8:15am -Cardio XFITI-TL 9:30am – Barre Fusion MB 12:00pm – Yoga DK	21 8:15am -Spinning-TL 8:15am -H.I.I.T– AO 9:00am – RIP CORE-TL
22 8:00am -Mediation-DK 9:00am – Yoga– DK 10:00am – Poolside Hula Hooping-DK	23 8:00am – TRX– TL 9:30am – Yin Yoga KA 10:30am – Myofascial Release-KA	24 6:30am – Sunrise Yoga DK 8:15am – Spinning-TL 9:00am – TRX– TL 9:30am – Total Body Cycle RR 10:45am – Myofascial Release-KA 6:30pm – XFit Strength– TL	25 8:15am – Cardio XFIT– TL 9:30am – Strong by Zumba MB 7:15pm – Barre KR	26 6:30am – Sunrise Yoga DK 8:15am —Spin Core– TL 9:00am – TRX –TL 6:00pm – CSI Cardio Strength Intervals KC 7:00pm -Yoga– KA	27 8:15am - Cardio XFITI-TL 9:30am – Barre Fusion MB 12:00pm – Yoga DK	28 8:15am—Spinning-TL 8:15am -H.I.I.T– AO 9:00am – RIP CORE-TL
29 8:00am – Meditation KC 9:00am – CSI KC 10:15am – Yoga KC	30 8:00am -TRX-TL					

Reservations recommended class max 10.

All classes are complimentary to resort guests and members of Lansdowne Resort and Spa. Classes and Instructors are subject to change without notice.

*Outdoor Class Weather Permitting



INSTRUCTORS

Melissa B=MB
Danielle K=DK
Kimberly A = KA

Karen C= KC
Jane N= JN
SC– Sharon C

Tyrone L= TL
Marcus Repp= MR
Ann Baird– AB
Karla R = KR
Aoife O= AO