

MAY 2019 GROUP FITNESS SCHEDULE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------|---|---|---|--|--|---|
| | | | 1 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 6:00pm – CSI Cardio Strength Intervals KC 7:00pm – Yoga KA | 2 8:15am – Cardio XFIT TL 9:30am – Barre Fusion MB 12:00pm – Yoga DK | 3 8:15am – Spinning TL 8:15am – H.I.I.T. AO 9:00am – RIP CORE TL | 4 8:00am – Meditation KC 9:00am – CSI KC 10:15am – Yoga KC 11:30am – Myofascial Release KA |
| 5 8:00am – TRX-FIT TL | 6 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 9:30am – Total Body Conditioning- RR 10:30am – Myofascial Release KA 6:30pm – XFit Strength– TL | 7 8:15am – Cardio XFIT TL 9:30am – Strength & Cardio MB 7:15pm – Barre KR | 8 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 6:00pm – CSI Cardio Strength Intervals KC 7:00pm – Yoga KA | 9 8:15am – Cardio XFIT TL 9:30am – Barre Fusion MB 12:00pm – Yoga DK | 10 8:15am – Spinning TL 8:15am – H.I.I.T AO 9:00am – RIP CORE TL | 11 8:00am – Meditation DK 9:00am – Power Yoga DK 10:15am – Weekend Warrior Yoga DK 11:30am – Myofascial Release KA |
| 12 8:00am – TRX-FIT TL | 13 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 9:30am – Total Body Conditioning- RR 10:30am – Myofascial Release KA 6:30pm – XFit Strength– TL | 14 8:15am – Cardio XFIT TL 9:30am – STRONG by Zumba® DK 7:15pm – Barre KR | 15 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 6:00pm – CSI Cardio Strength Intervals KC 7:00pm – Yoga KA | 16 8:15am – Cardio XFIT TL 9:30am – Barre Fusion MB 12:00pm – Yoga DK | 17 8:15am – Spinning TL 8:15am – H.I.I.T. AO 9:00am – RIP CORE TL | 18 8:00am – Meditation KC 9:00am – CSI KC 10:15am – Yoga KC 11:30am – Myofascial Release KA |
| 19/26 8:15am – TRX-FIT TL | 20/27 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 9:30am – Total Body Conditioning-RR 6:30pm – XFit Strength– TL | 21/28 8:15am – Cardio XFIT TL 9:30am – Strength & Cardio – MB 7:15pm – Barre KR | 22/29 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 6:00pm – CSI Cardio Strength Intervals | 23/30 8:15am – Cardio XFIT TL 9:30am – Barre Fusion MB 12:00pm – Yoga DK | 24/31 8:15am – Spinning TL 8:15am – H.I.I.T. AO 9:00am – RIP CORE TL | 25 8:00am – Meditation DK 9:00am – Power Yoga DK 10:15am – Yoga DK |

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.
\$ Cost



INSTRUCTORS

| | | | |
|-----------------|--------------|-----------------|--------------|
| Melissa B=MB | Karen C= KC | Tyrone L= TL | Karla R = KR |
| Danielle K=DK | Jane N= JN | Marcus Repp= MR | Aoife O= AO |
| Kimberly A = KA | SC- Sharon C | Renaee R.= RR | |