ACTIVITIES CALENDAR | NOVEMBER 2026

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:30AM							
9AM	**Functional Training** w/Miguel (Functional Studio)	**Mat Pilates** w/Jane (Yoga Studio)	**Functional Training** w/Miguel (Functional Studio)	**Mat Pilates** w/Danielle (Yoga Studio)	**Functional Training** w/Miguel (Functional Studio)	**Stretch & Core** w/Shadi (Yoga Studio)	
10AM	**Vinyasa Yoga** w/Nicoleta (Yoga Studio)	**Functional Training** w/Miguel (Functional Studio)	**Slow Yoga** w/Nicoleta (Yoga Studio)	**Functional Training** w/Miguel (Functional Studio)	**Flow Yoga** w/Nicoleta (Yoga Studio)	**Hatha Yoga** w/Shadi (Yoga Studio)	**Restorative Yoga** w/Shadi (Yoga Studio)
11AM							
12 NOON							
5PM	**Sound Bath Meditation** w/Nicoleta (Movement Studio)		**Sound Bath Meditation** w/Nicoleta (Movement Studio)		**Sound Bath Meditation** w/Nicoleta (Movement Studio)	**Slow Yoga** w/Danielle (Yoga Studio))	**Sound Bath Meditation** w/Zach (Movement Studio)

MONTHLY EVENTS

Full Moon Yoga - w/Nicoleta (On the Beach) Tuesday, November 24th at 7:00 PM. - Complimentary with RSVP

Floating Sound Bath - w/Zach (Aayush L1) Fridays: November 13th, and 27th at 8:00 PM. - $75 Per Person

WELLNESS ACTIVITIES | NOVEMBER 2026

ALL GROUP FITNESS CLASSES ARE 50-MINUTES UNLESS OTHERWISE NOTED. CLASS LOCATIONS AND TIMES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

FUNCTIONAL TRAINING Using movements to help you with your daily life and activities, this workout is high energy, efficient and fun! Combining elements of cardio with strength training, you will use TRX suspension training, kettlebells, battle ropes, rowers and more.

HATHA YOGA The most traditional of yoga practices, Hatha combines physical postures (Asanas) with breathwork (Pranayama) to balance sun (ha) and moon (tha) energies.

MAT PILATES Utilizing a mat and your own body weight, this exercise is designed to engage and strengthen the core muscles through controlled movements and breathwork. Mat Pilates is suitable for all fitness levels!

RESTORATIVE YOGA Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness.

SLOW FLOW YOGA Slow Flow Yoga is a gentle, mindful style of yoga with longer holds, ideal for building strength and flexibility. Suitable for all levels.

STRETCH & CORE This class will incorporate a variety of stretching techniques including foam rolling, static & dynamic stretches, yoga, Pilates and more. You will leave feeling longer and stronger!

SOUND BATH MEDITATION An immersive experience with crystal singing bowls and gong, incorporating breathwork and guided meditation to attain a deeper state of relaxation and wellness.

YOGA Different styles of yoga may be offered depending on the participants attending the class and the instructor leading the session.

VINYASA YOGA An energizing yoga flow that unites breath & movement. Suitable for all levels.

YIN YOGA A slower and more meditative practice that targets your deep connective tissues by holding poses for a longer period of time than in traditional yoga. This class helps you stretch and lengthen those rarely used tissues while you connect to your breath.

YOGA SCULPT Incorporates strength training with light weights into a yoga class to increase your heart rate, improve flexibility, mobility and range of motion.