

SENSE®

Group Class Schedule - Movement Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30am Sunrise Spin Shari		6:30am Spin & Tone Shari			
9:00am Totally Ripped Tracie	9:00am Circuit Training Patty	9:00am Power Yoga Mandy	9:00am Mat Pilates Mary	9:00am Balanced Body Tracie	9:00am Spin & Sculpt Mary/Shari	9:30am Yoga Christina
					11:00am Vinyasa Yoga Jessica	
12:00m Body Sculpt <i>Express-30mins.</i> Tracie		12:00pm Balanced Body Tracie		12:00m Body Sculpt <i>Express-30mins.</i> Tracie		
12:30pm Total Abs <i>Express-30mins.</i>				12:30pm Total Abs <i>Express-30mins.</i>		
5:30pm Vinyasa Yoga Cheryl	6:00pm Balanced Body Tracie					

Classes are included for Lifestyle Members. The hotel guest rate is \$20 per class.

Personal training is also available to lifestyle members and hotel guests.

Ring 650.561.1580 to confirm daily schedule or make a personal training appointment.