

FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



CYCLE

HIGH ENERGY CYCLING
7 – 7:45 am



MEDITATION

2 – 2:45 pm



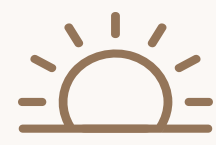
SUNRISE YOGA

7 – 7:45 am



CYCLE

HIGH ENERGY CYCLING
2 – 2:45 pm



SUNRISE CIRCUIT

TOTAL BODY WORKOUT
7 – 7:45 am



WEIGHT A MINUTE

ISOMETRIC HOLDS
2 – 2:45 pm



HIIT

ATHLETIC DRILLS +
STRENGTH TRAINING
7 – 7:45 am



BAND CAMP

CARDIO WITH BANDS
2 – 2:45 pm



CYCLE

HIGH ENERGY CYCLING
7 – 7:45 am



VINYASA FLOW

INTERMEDIATE
MOVEMENT CLASS
2 – 2:45 pm



SUNRISE YOGA

8 – 8:45 am



PILATES MAT

CORE STRENGTH +
FLEXIBILITY
2 – 2:45 pm



PILATES MAT

CORE STRENGTH +
FLEXIBILITY
8 – 8:45 am



VINYASA FLOW

INTERMEDIATE
MOVEMENT CLASS
2 – 2:45 pm

CANYON RANCH®

SPA • FITNESS • BEAUTY

DROP-IN FITNESS CLASSES \$21 PER PERSON PER CLASS.

565000-23

11/23



FITNESS SCHEDULE

MONDAY

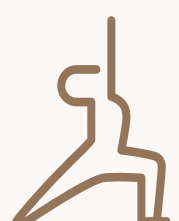


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FRIDAY

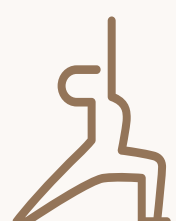


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