

REVIVŌ Wellness Resort - MOVEŌ Class Schedule

Jul-18

TIME/DATE	1	2	3	4	5
8am - 9am	Hatha Yoga	Aqua Yoga Fitmat	Vinyasa Yoga	Yin Yoga	Aerial Flow Yoga
11am - 12noon	Circuit	TRX	H.E.A.T Work Out	Mat Pilates	Hiit Cardio
3pm - 4pm	Pranayama	Qi Gong	Tai Chi	Meditation	Pranayama
8am - 9am	6	7	8	9	10
11am - 12noon	Hatha Yoga	Hatha Yoga	Aqua Fit Yoga	Hatha Yoga	Ashtanga Yoga
3pm - 4pm	H.E.A.T Work Out	TRX	Hiit Dance	Muay Thai	Circuit
	Primordial Sound Meditation	Restorative Yoga	Qi Gong	Mat Pilates	Meditation
8am - 9am	11	12	13	14	15
11am - 12noon	Aerial Flow Yoga	Aqua Yoga Fitmat	Vinyasa Yoga	Aqua Fit Yoga	Hatha Yoga
3pm - 4pm	Hiit Cardio	H.E.A.T Work Out	Kick Boxing	TRX	Pilates
	Yin Yoga	Restorative Yoga	Primordial Sound Meditation	Pranayama	Qi Gong
8am - 9am	16	17	18	19	20
11am - 12noon	Yin Yoga	Vinyasa Yoga	Hatha Yoga	Yin Yoga	Iyengar Yoga
3pm - 4pm	Hiit Cardio	H.E.A.T Work Out	TRX	Circuit	Kick Boxing
	Mat Pilates	Restorative Yoga	Pranayama	Primordial Sound Meditation	Yin Yoga
8am - 9am	21	22	23	24	25
11am - 12noon	Aqua Yoga Fitmat	Ashtanga Yoga	Vinyasa Yoga	Aqua Yoga Fitmat	Iyengar Yoga
3pm - 4pm	TRX	Circuit	TRX	H.E.A.T Work Out	Hiit Cardio
	Qi Gong	Tai Chi	Pranayama	Meditation	Qi Gong
8am - 9am	26	27	28	29	30
11am - 12noon	Aerial Flow Yoga	Ashtanga Yoga	Hammock Yoga	Aqua Yoga Fitmat	Ashtanga Yoga
3pm - 4pm	Muay Thai	Mat Pilates	Hiit Dance	Hiit Cardio	Muay Thai
	Primordial Sound Meditation	Restorative Yoga	Yin Yoga	Yin Yoga	Primordial Sound Meditation
8am - 9am	31				
11am - 12noon	Yin Yoga				
3pm - 4pm	H.E.A.T Work Out				
	Pranayama				