



# CARNEROS

RESORT AND SPA



## JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>TONE AND SCULPT</b> 8:30AM - 9:30AM Motion Studio	<b>2</b> <b>YOGA FLOW</b> 8:30AM- 9:30AM Motion Studio	<b>3</b> <b>MAT PILATES</b> 8:30AM-9:30AM Motion Studio	<b>4</b> <b>GENTLE YOGA</b> 8:30AM - 9:30AM Motion Studio	<b>5</b> <b>POWER YOGA</b> 8:30AM-9:30AM Motion Studio	<b>6</b> <b>STROLL &amp; STRETCH</b> 8:00AM-Meet outside of studio <b>KIDS PICKLEBALL</b> 9:00AM-Pickleball Court <b>PICKLEBALL</b> 10:00AM- Pickleball Court
<b>7</b> <b>YOGALATES</b> 8:00AM-9:00AM Motion Studio <b>MEDITATION &amp; MOVEMENT</b> 9:00AM-10:00AM Motion Studio	<b>8</b> <b>VINYASA YOGA</b> 8:30AM - 9:30AM Sonoma 2	<b>9</b> <b>YOGA FLOW</b> 8:30AM- 9:30AM Sonoma 2	<b>10</b> <b>MAT PILATES</b> 8:30AM-9:30AM Sonoma 2	<b>11</b> <b>GENTLE YOGA</b> 8:30AM - 9:30AM Motion Studio	<b>12</b> <b>POWER YOGA</b> 8:30AM-9:30AM Motion Studio	<b>13</b> <b>VINYASA YOGA</b> 8:00AM-Motion Studio <b>KIDS PICKLEBALL</b> 9:00AM-Pickleball Court <b>PICKLEBALL</b> 10:00AM- Pickleball Court
<b>14</b> <b>YOGALATES</b> 8:00AM-9:00AM Motion Studio <b>MEDITATION &amp; MOVEMENT</b> 9:00AM-10:00AM Motion Studio	<b>15</b> <b>YOGALATES</b> 8:30AM - 9:30AM Motion Studio	<b>16</b> <b>YOGA FLOW</b> 8:30AM- 9:30AM Motion Studio	<b>17</b> <b>MAT PILATES</b> 8:30AM-9:30AM Motion Studio	<b>18</b> <b>GENTLE YOGA</b> 8:30AM - 9:30AM Motion Studio	<b>19</b> <b>POWER YOGA</b> 8:30AM-9:30AM Motion Studio	<b>20</b> <b>VINYASA YOGA</b> 8:00AM-Motion Studio <b>KIDS PICKLEBALL</b> 9:00AM-Pickleball Court <b>PICKLEBALL</b> 10:00AM- Pickleball Court
<b>21</b> <b>SUMMER SOLSTICE: FLOW TO IGNITE YOUR SPIRIT</b> 8:00AM-Motion Studio <b>MEDITATION &amp; MOVEMENT</b> 9:00 AM-Motion Studio	<b>22</b> <b>TONE AND SCULPT</b> 8:30AM - 9:30AM Motion Studio	<b>23</b> <b>YOGA FLOW</b> 8:30AM- 9:30AM Motion Studio	<b>24</b> <b>MAT PILATES</b> 8:30AM-9:30AM Motion Studio	<b>25</b> <b>GENTLE YOGA</b> 8:30AM - 9:30AM Sonoma 2	<b>26</b> <b>POWER YOGA</b> 8:30AM-9:30AM Motion Studio	<b>27</b> <b>VINYASA YOGA</b> 8:00AM-Motion Studio <b>KIDS PICKLEBALL</b> 9:00AM-Pickleball Court <b>PICKLEBALL</b> 10:00AM- Pickleball Court
<b>28</b> <b>CIRCUIT TRAINING</b> 8:00AM-Fitness Center <b>MEDITATION &amp; MOVEMENT</b> 9:00AM-Meet outside of studio	<b>29</b> <b>TONE AND SCULPT</b> 8:30AM - 9:30AM Motion Studio	<b>30</b> <b>YOGA FLOW</b> 8:30AM- 9:30AM Motion Studio				

FOR MORE INFORMATION OR TO RESERVE A PICKLEBALL COURT PLEASE CONTACT THE SPA AT 707.299.4850

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