



At Chetola Resort

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 PILATES-8AM WITH KIM	2 BOOTCAMP- 8AM WITH CATHERINE	3	4	5 STRETCH- 9AM YOGA- 9:30AM WITH DEE
6	7 SLOW FLOW YOGA- 5PM WITH DEE	8 PILATES-8AM WITH KIM	9 BOOTCAMP- 8AM WITH CATHERINE	10	11	12 STRETCH- 9AM YOGA- 9:30AM WITH DEE
13	14 SLOW FLOW YOGA- 5PM WITH DEE	15 PILATES-8AM WITH KIM	16 BOOTCAMP- 8AM WITH CATHERINE	17	18	19 STRETCH- 9AM YOGA- 9:30AM WITH DEE
20	21 SLOW FLOW YOGA- 5PM WITH DEE	22 PILATES-8AM WITH KIM	23 BOOTCAMP- 8AM WITH CATHERINE	24 THANKSGIVING	25	26 STRETCH- 9AM YOGA- 9:30AM WITH DEE
27	28 SLOW FLOW YOGA- 5PM WITH DEE	29 PILATES-8AM WITH KIM	30 BOOTCAMP- 8AM WITH CATHERINE	1	2	3