

MOVEO CLASSES

SEPTEMBER 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		8:00 Vinyasa Multipurpose Room	8:00 Hatha Yoga Multipurpose Room	8:00 Wheel Yoga Multipurpose Room	8:00 Qigong Beach	8:00 Vinyasa Multipurpose Room
		11:00 Functional Fitness Class GYM	11:00 Circuit Training GYM	11:00 Mat Pilates Multipurpose Room	11:00 Aerial Yoga Multipurpose Room	11:00 Functional Fitness Class GYM
			2:00 Metabolic Health Multipurpose Room		2:00 Nervous System Reset Workshop Multipurpose Room	

		4:00 Yin Aerial Multipurpose Room	4:00 Yin Sound Healing Multipurpose Room	4:00 Somatic Release Multipurpose Room	4:00 Art Meditation Multipurpose Room	4:00 Pranayama Multipurpose Room
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SEPTEMBER 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
8:00 Hatha Yoga Multipurpose Room	8:00 Morning Walk Beach	8:00 Vinyasa Multipurpose Room	8:00 Hatha Yoga Multipurpose Room	8:00 Wheel Yoga Multipurpose Room	8:00 Qigong Beach	8:00 Vinyasa Multipurpose Room
11:00 HIIT Cardio GYM	11:00 TRX Multipurpose Room	11:00 Functional Fitness Class GYM	11:00 Circuit Training GYM	11:00 Mat Pilates Multipurpose Room	11:00 Aerial Yoga Multipurpose Room	11:00 Functional Fitness Class GYM
2:00 The Longevity Movement Workshop GYM			2:00 Metabolic Health Multipurpose Room		2:00 Nervous System Reset Workshop Multipurpose Room	

4:00 Unwind & Relax Multipurpose Room	4:00 Yoga Nidra Multipurpose Room	4:00 Yin Aerial Multipurpose Room	4:00 Sacred Float Multipurpose Room	4:00 Somatic Release Multipurpose Room	4:00 Flower Meditation Multipurpose Room	4:00 Pranayama Multipurpose Room
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SEPTEMBER 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
8:00 Hatha Yoga Multipurpose Room	8:00 Morning Walk Beach	8:00 Vinyasa Yoga Multipurpose Room	8:00 Hatha Yoga Multipurpose Room	8:00 Wheel Yoga Multipurpose Room	8:00 Qigong Beach	8:00 Vinyasa Multipurpose Room
11:00 HIIT Cardio GYM	11:00 TRX GYM	11:00 Functional Fitness Class GYM	11:00 Circuit Training GYM	11:00 Mat Pilates Multipurpose Room	11:00 Power Yoga Meditation Room	11:00 Functional Fitness Class GYM
2:00 The Longevity Movement Workshop GYM			2:00 Metabolic Health Multipurpose Room		2:00 Nervous System Reset Workshop Meditation Room	

4:00 Unwind & Relax Multipurpose Room	4:00 Yoga Nidra Multipurpose Room	4:00 Yin Aerial Multipurpose Room	4:00 Yin Sound Healing Multipurpose Room	4:00 Somatic Release Multipurpose Room	4:00 Art Meditation Room	4:00 Pranayama Multipurpose Room

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SEPTEMBER 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
8:00 Hatha Yoga Multipurpose Room	8:00 Morning Walk Beach	8:00 Vinyasa Yoga Multipurpose Room	8:00 Hatha Yoga Multipurpose Room	8:00 Wheel Yoga Multipurpose Room	8:00 Qigong Beach	8:00 Vinyasa Multipurpose Room
11:00 HIIT Cardio GYM	11:00 TRX GYM	11:00 Functional Fitness Class GYM	11:00 Circuit Training GYM	11:00 Mat Pilates Multipurpose Room	11:00 Aerial Yoga Multipurpose Room	11:00 Functional Fitness Class GYM
2:00 The Longevity Movement Workshop			2:00 Metabolic Health Multipurpose Room		2:00 Nervous System Reset Workshop Multipurpose Room	

GYM						
4:00 Unwind & Relax Multipurpose Room	4:00 Yoga Nidra Multipurpose Room	4:00 Yin Aerial Multipurpose Room	4:00 Sacred Float Multipurpose Room	4:00 Pranayama Multipurpose Room	4:00 Flower Meditation Multipurpose Room	4:00 Somatic Release Multipurpose Room

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SEPTEMBER 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30			
8:00 Hatha Yoga Multipurpose Room	8:00 Morning Walk Beach	8:00 Vinyasa Yoga Multipurpose Room	8:00 Hatha Yoga Multipurpose Room			
11:00 HIIT Cardio GYM	11:00 TRX GYM	11:00 Functional Fitness Class GYM	11:00 Circuit Training GYM			
2:00			2:00			

The Longevity Movement Workshop GYM			Metabolic Health Multipurpose Room			
4:00 Unwind & Relax Multipurpose Room	4:00 Yoga Nidra Multipurpose Room	4:00 Yin Aerial Multipurpose Room	4:00 Yin Sound Healing Multipurpose Room			