

# DORAL GOLF RESORT & SPA – A MARRIOTT RESORT

## SPA FITNESS SCHEDULE

*Effective December 1, 2007*

*Schedule is seasonal. Classes & times are subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-8:45 am Simply Stretch Studio 2	8-8:45 am Flex-appeal Studio 2	8-8:45 Tee Time Stretch Studio 2	8-8:45 am Simply Stretch Studio 2	8-8:45 am Flex-appeal Studio 2		
9-9:45 am Shape Up! Arms & Core Studio 2	9-9:30 am Target Zone Glutes & Thighs Studio 2	9-9:45am Bodies in Training Studio 3	9-9:30 am Target Zone Glutes & Thighs Studio 2	9-9:45 am Shape Up! Arms & Core Studio 2	9-9:55 am *SpinZen Studio 3	9-9:45 am Flex-appeal Studio 2
10-10:55am *SpinZen Studio 3	10-10:45 am Step Kick & Jam Studio 2	10-10:45 am Caliente! Studio 2	10-10:45 am Step Kick & Jam Studio 2	1 10-10:45 am *Spin Ride Studio 3 <hr/> 10-10:45 am Caliente! Studio 2	10:10-10:55 am Bodies in Training Studio 3	10-10:45 am Aqua Aerobics Indoor Pool
11-11:50 Harmony Studio 2	11-11:30 am Ball Dynamics Studio 2	11-11:50 Pilates Essentials Studio 2 <hr/> 12-1:00pm <i>GOLFYoga</i> Studio 2	11-11:30 Ball Dynamics Studio 2	11-11:45 am Aqua Aerobics Indoor Pool <hr/> 11-11:50 Harmony Studio 2	11-12:00 <i>Living Yoga</i> Studio 3 <hr/> 11-11:45 am Aqua Aerobics Indoor Pool	
	3-4:00pm <i>Yoga &amp; Relaxation</i> Studio 3		3-4:00pm <i>Yoga &amp; Relaxation</i> Studio 3	3-3:45pm Trekking & Abs Weight Room	3-4:00pm <i>TAI-CHI</i> Studio 2	
6-7:30pm <i>"BLISS" Yoga</i> Studio 2 <hr/> 6:30-7:30pm *Spin Core Studio 3		6:30-7:30pm *SpinZen Studio 3	6:00-7:00pm <i>GOLFYoga</i> Studio 2			

- Spinning classes – sign up required, please call (305) 592-2000 x 4101

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### Spa Weight Room Hours

**Monday – Thursday 6am – 8pm**

**Friday 6am – 7pm**

**Saturday & Sunday 7am – 6pm**