



Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM	Zen Yoga	Yoga Flow	HIIT + Sculpt	Bliss Yoga	Cardio Sculpt	Body Blast	Gentle Yoga Flow
Location Ocean View Terrace – outside La Gourmandise							

Class is 50 minutes. All levels welcomed. On adverse weather conditions, class will be hosted at the Athletic Club on the Conference Level. Private or small group training is available, please contact: contact@v-artofwellness.com or dial 786 423 7590. Registered hotel guests may attend one class per day (maximum 2 adults per room) as part of the daily paid resort fee. Residential owners may attend one class per day complimentary. Residential tenants or guests of resident owners will be required to pay-per-class. Prices per class: \$45

03.30.2024

