



August Class Schedule

Fitness Center
775-849-1090

Please RSVP with the Fitness Center front desk to reserve your spot in Pilates, TRX and Spin.

August Hours of Operation

Monday - Friday 5:30 am - 8 pm Saturday & Sunday 7 am - 8 pm

Su	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<h1 style="color: blue;">Barracuda Championship</h1> <h2 style="color: blue;">No Classes Scheduled</h2>						
6	7	8	9	10	11	12
	Spin 6am Barre 8:30am Gentle Yoga 9am Reformer Pil. 9:30am Tai Chi 10:15am Water Aerobics 11:15am	TBS 6am Reformer Pil. 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30am Tai Chi 10:15am Masters Swim 5:30pm	Spin 6am Masters Swim 7am TRX 7:30am Barre 8am Gentle Yoga 9am Pilates Ref. 9am	TBS 6am Reformer Pil. 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30a Water Aerobics 11:15a	Spin 6am Masters Swim 7am Yin Yoga 9am No Pilates	Spin 7am Spin 8:30am TRX 10am
13	14	15	16	17	18	19
	Spin 6am Barre 8:30am Gentle Yoga 9am Reformer Pil. 9:30am Tai Chi 10:15am Water Aerobics 11:15am	TBS 6am Reformer Pil. 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30am Tai Chi 10:15am	Spin 6am Masters Swim 7am TRX 7:30am Barre 8am Gentle Yoga 9am Pilates Ref. 9am	TBS 6am Reformer Pil. 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30a Water Aerobics 11:15a	Spin 6am Masters Swim 7am Pilates w/ Props 8am Yin Yoga 9am Reformer Pil 9am	Spin 7am Spin 8:30am TRX 10am
20	21	22	23	24	25	26
	Spin 6am Barre 8:30am Gentle Yoga 9am Reformer Pil. 9:30am Tai Chi 10:15am Water Aerobics	TBS 6am Reformer Pil. 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30am Tai Chi 10:15am Masters Swim 5:30pm	Spin 6am Masters Swim 7am TRX 7:30am Barre 8am Gentle Yoga 9am Pilates Ref. 9am	TBS 6am Reformer Pil. 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30a	Spin 6am Masters Swim 7am Pilates w/ Props 8am Yin Yoga 9am Reformer Pil 9am	Spin 7am Spin 8:30am TRX 10am
27	28	29	30	24		
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Failure to give 24 hour notice for private lessons and classes will result in full charge.

View class schedule online at www.montreuxgolf.com Members Only website—