

CLASS SCHEDULE

Reservations are strongly encouraged as class size is limited. Please check in at Spa Reception prior to arriving at your class location. In keeping with Miraval Mode, cell Phones must be in airplane mode prior to entering Miraval Classes. Classes begin promptly at their designated start time. To respect all participants' late entry is not permitted.

MIRAVALSPAMONARCHBEACH.COM • 855.368.2940

MONDAY

- 6:30 - 7:15am TRX • **FITNESS STUDIO**
- 8:00 - 8:45 Spin With A View • **GRAND LAWN**
- 8:00 - 8:50 Flow Yoga • **YOGA STUDIO**
- 9:00 - 9:50 Mindful Meditation • **MEDITATION ROOM**
- 9:00 - 9:45 TRX • **FITNESS STUDIO**
- 10:00 - 10:50 Mat Pilates • **YOGA STUDIO**
- 5:00 - 5:50 Indoboard Yoga • **YOGA STUDIO**
- 6:00 - 6:50 Flow Yoga • **YOGA STUDIO**

TUESDAY

- 6:30 - 7:15am TRX • **FITNESS STUDIO**
- 8:00 - 8:45 Cardio Sculpt • **FITNESS STUDIO**
- 8:00 - 8:50 Flow Yoga • **YOGA STUDIO**
- 9:00 - 9:45 Body & Barre • **FITNESS STUDIO**
- 3:00 - 4:30pm Beach Yoga • **SPA RECEPTION**
- 4:30 - 5:00 Blue Mindfulness Meditation • **MONARCH BEACH**
- 6:00 - 6:50 Yoga Sculpt • **YOGA STUDIO**

WEDNESDAY

- 6:30 - 7:15am TRX • **FITNESS STUDIO**
- 8:00 - 8:45 Spin With A View • **GRAND LAWN**
- 8:00 - 8:50 Flow Yoga • **YOGA STUDIO**
- 9:00 - 9:50 Mindful Meditation • **MEDITATION ROOM**
- 9:00 - 9:45 TRX • **FITNESS STUDIO**
- 10:00 - 10:50 Mat Pilates • **YOGA STUDIO**
- 5:00 - 5:50pm Gentle Yoga • **YOGA STUDIO**
- 6:00 - 6:45 TRX • **FITNESS STUDIO**

THURSDAY

- 8:00 - 8:50am Mindful Meditation • **MEDITATION ROOM**
- 8:00 - 8:45 TRX • **FITNESS STUDIO**
- 9:00 - 9:45 Body & Barre • **FITNESS STUDIO**
- 10:00 - 10:50 Flow Yoga • **YOGA STUDIO**
- 3:00 - 4:30pm Beach Yoga • **SPA RECEPTION**
- 4:30 - 5:00 Blue Mindfulness Meditation • **MONARCH BEACH**
- 6:00 - 6:50 Yoga Sculpt • **YOGA STUDIO**

FRIDAY

- 6:30 - 7:15am TRX • **FITNESS STUDIO**
- 8:00 - 8:45 Spin With A View • **GRAND LAWN**
- 8:00 - 8:50 Flow Yoga • **YOGA STUDIO**
- 9:00 - 9:50 Mindful Meditation • **MEDITATION ROOM**
- 9:00 - 9:45 TRX • **FITNESS STUDIO**
- 10:00 - 10:50 Yagalates • **YOGA STUDIO**
- 5:00 - 5:50 Flow Yoga • **YOGA STUDIO**
- 6:00 - 6:50 Yoga Sculpt • **YOGA STUDIO**

SATURDAY

- 7:00 - 8:30am Blue Mindfulness Beach Hike • **SPA RECEPTION**
- 8:00 - 8:50 Mindful Meditation • **MEDITATION ROOM**
- 9:00 - 9:50 Flow Yoga • **YOGA STUDIO**
- 9:00 - 9:45 TRX • **FITNESS STUDIO**
- 10:00 - 10:45 Spin With A View • **GRAND LAWN**
- 11:00 - 11:30 Family Cardio Drumming • **GRAND LAWN**
- 1:30 - 2:15 Roll & Stretch • **FITNESS STUDIO**

SUNDAY

- 7:00 - 8:30am Zen Beach Bootcamp • **SPA RECEPTION**
- 8:00 - 9:30 Beach Yoga • **SPA RECEPTION**
- 9:00 - 9:45 Spin With A View • **GRAND LAWN**
- 10:00 - 10:45 HIIT The Water • **SPA POOL**
- 10:00 - 10:50 Mindfulness At Miraval • **MEDITATION ROOM**
- 1:30 - 2:15pm Boga Board Cardio Fit • **SPA POOL**