



SPA

AT THE PEAKS
TELLURIDE

June 17th – June 30th 2022

Weekly Schedule:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00am – 9:00am Slow Flow Eliza Yoga Studio		8:00am – 8:45am Pilates Mat Kat Yoga Studio			
9:00am – 10:00am Cycle Roby Cycle Studio	9:00am – 10:00am Cycle Eliza Cycle Studio	9:00am – 10:00am Strengthen & Lengthen Deb Cycle Studio	9:00am – 10:00am Mindful Yoga Madison Yoga Studio	9:00am – 10:00am Yoga Flow Valerie Yoga Studio	9:30am – 10:00am Xpress Cycle Rachel Cycle Studio	
					10:15am – 11:15am Stretch & Abs Rachel Cycle Studio	10:15am – 11:15am Core & Restore Rachel Cycle Studio
6:00pm – 6:45pm Sound Meditation Dermot Yoga Studio						

Class Schedule is subject to change, please see the Mindbody app for all updates.



July 1st – July 31st 2022

Weekly Schedule:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00am – 8:45am Kaiut Yoga Eliza Yoga Studio		8:00am – 8:45am Pilates Mat Kat Cycle Studio			
9:00am – 10:00am Cycle Roby Cycle Studio	9:00am – 10:00am Cycle Eliza Cycle Studio	9:00am – 10:00am Core & Restore Rachel Yoga Studio 9:15am – 10:15am Cycle Heather Cycle Studio	9:00am – 10:00am Mindful Yoga Madison Yoga Studio 9:30am – 10:00am Xpress Cycle Rachel Cycle Studio	8:45am – 9:45am Yoga Flow Valerie Yoga Studio 9:15am – 10:15am Cycle Heather Cycle Studio	8:45am – 9:15am Hikers Mobility Rachel Cycle Studio 9:30am – 10:00am Xpress Cycle Rachel Cycle Studio	9:00am – 10:00am Pilates Mat Kalli Yoga Studio
	10:15am – 11:00am Stretch & Abs Eliza Cycle Studio	10:30am – 11:30am Strengthen & Lengthen Deb Cycle Studio		10:30am – 11:30am Strengthen & Lengthen Deb Cycle Studio		
6:00pm – 6:45pm Sound Meditation Dermot Yoga Studio						

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