



TIDEPOOLS

WELLNESS CLASS SCHEDULE

This schedule applies through March 2018*

WEDNESDAYS

3:00-4:00pm

Flex and Foam with Kylar

THURSDAYS

10:00-11:00am

Core and More with Kylar

3:00-4:00pm

Body Sculpt with Kylar

FRIDAYS

10:00-11:00am

Flex and Foam with Kylar

3:00-4:00pm

Full body HIIT with Kylar

SATURDAYS

8:30-9:30am

Vinyasa Flow Yoga with Dawn

3:00-4:00pm

Body Sculpt with Kylar

SUNDAYS

9:30-10:30am

Vinyasa Flow Yoga with Dawn

Please call us at 503.483.3000 or email us at Tidepools@HeadlandsLodge.com to reserve your spot in the class. Walk-ins are welcome but we can not guarantee your spot unless reserved prior to class.

*Please note our class schedules are seasonal and change regularly.