Serenity by the sea
THE SPA AT THE HILTON SANDESTIN BEACH

SPA FITNESS CALENDAR August 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 **NO CLASS**
2	**3** 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	**4** 7:30am Stability/Mobility (Deb) 8:30am Strength Training (Deb) 9:30am Stretch (Deb)	**5** 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	**6** 7:30 Strength/Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	**7** 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	**8** **NO CLASS**
9	**10** 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	**11** 8:30am Stability/Mobility (Olga) 9:30am Strength Training (Olga) 10:30am Stretch (Olga)	**12** 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	**13** 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	**14** 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	**15** 8:00am Mat Pilates/Yoga Fusion (Denise) 9:00am Stretch (Denise)
16	**17** 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	**18** 8:30am Stability/Mobility (Olga) 9:30am Strength Training (Olga) 10:30am Stretch (Olga)	**19** 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	**20** 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	**2** 8:30am Power Pilates (Denise) 9:30am Stretch (Denise)	**22** 8:00am Mat Pilates/Yoga Fusion (Denise) 9:00am Stretch (Denise)
23/30	**24/31** 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	**25** 8:30am Stability/Mobility (Olga) 9:30am Strength Training (Olga) 10:30am Stretch (Olga)	**26** 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	**27** 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	**2** 8:30am Power Pilates (Denise) 9:30am Stretch (Denise)	**29** 7:30am Mat Pilates/Yoga Fusion (Olga) 8:30am Stretch (Olga)