Serenity by the sea
THE SPA AT THE HILTON SANDESTIN BEACH

SPA FITNESS CALENDAR November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb) 6:00pm Gentle Yoga (Laurel)	3 8:30am Stability/Mobility (Denise) 9:30am Strength Training (Denise) 10:30am Stretch (Denise)	4 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	5 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	6 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	7 8:00am Mat Pilates/Yoga Fusion (Denise) 9:00am Stretch (Denise)
8	9 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb) 6:00pm Gentle Yoga (Laurel)	10 8:30am Stability/Mobility (Olga) 9:30am Strength Training (Olga) 10:30am Stretch (Olga)	11 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	12 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	13 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	14 **NO CLASS**
15	16 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb) 6:00pm Gentle Yoga (Laurel)-	17 8:30am Stability/Mobility (Olga) 9:30am Strength Training (Olga) 10:30am Stretch (Olga)	18 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	19 **NO CLASS**	20 **NO CLASS**	21 7:30am Mat Pilates/Yoga Fusion (Olga) 8:30am Stretch (Olga)
22	23 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb) 6:00pm Gentle Yoga	24 8:30am Stability/Mobility (Denise) 9:30am Strength Training (Denise) 10:30am Stretch (Denise)	25 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	26 **NO CLASS** **HAPPY THANKSGIVING!**	27 8:30am Power Pilates (Denise) 9:30am Stretch (Denise)	28 7:30am Mat Pilates/Yoga Fusion (Olga) 8:30am Stretch (Olga)
29	30 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb) 6:00pm Gentle Yoga (Laurel)					