

Flexible Fitness

Stay active with inspiring workout options designed to help you keep moving.

Call 808.661.2588 for reservations.

WESTIN MAUI GUEST \$15.00 per class / **NON-HOTEL GUEST** \$20.00 per class

BEACHFIT WESTIN MAUI GUEST \$20.00 per class / **BEACHFIT NON GUEST** \$25 per class

SUNDAY	7:00-8:00AM Spin <i>Mind & Body Studio</i>	8:30-9:30AM Rise & Shine Beach Yoga <i>Ocean Front Lawn</i>	9:45-10:45AM Barre <i>Mind & Body Studio</i>	
MONDAY	7:00-8:00AM Spin <i>Mind & Body Studio</i>	8:30-9:30AM Hatha Yoga <i>Mind & Body Studio</i>	9:30-10:00AM Express Flow Yoga <i>Mind & Body Studio</i>	
TUESDAY	7:00-8:00AM BEACHFIT by Lahaina CROSSFIT <i>Ocean Front Lawn</i>	7:00-8:00AM Rise & Shine Yoga <i>Mind & Body Studio</i>	8:15-9:15AM Vinyasa Flow Beach Yoga <i>Ocean Front Lawn</i>	9:30-10:15AM Meditation <i>Mind & Body Studio</i>
WEDNESDAY	7:00-8:00AM Spin <i>Mind & Body Studio</i>	8:30-9:30AM Hatha Yoga <i>Mind & Body Studio</i>		
THURSDAY	7:00-8:00AM BEACHFIT by Lahaina CROSSFIT <i>Ocean Front Lawn</i>	7:00-8:00AM Rise & Shine Yoga <i>Mind & Body Studio</i>	8:30-9:30AM Gentle Beach Yoga <i>Ocean Front Lawn</i>	9:45-10:15AM HIIT It <i>Mind & Body Studio</i>
FRIDAY	7:00-8:00AM Spin <i>Mind & Body Studio</i>	8:30-9:30AM Hatha Yoga <i>Mind & Body Studio</i>	9:30-10:00AM HIIT It <i>Mind & Body Studio</i>	
SATURDAY	7:00-8:00AM Spin <i>Mind & Body Studio</i>	8:30-9:30AM Hatha Yoga <i>Mind & Body Studio</i>		