

SANTA MONICA
PROPER
 HOTEL

FITNESS PROGRAM

THURSDAY	FRIDAY	SATURDAY		SUNDAY
9am	9am	9am	10:30am	9am
Yoga Fusion Brought to you by TruBe	Flow Yoga Class Ariana	Vinyasa Yoga Class Rebecca	HIIT Bootcamp Class Rebecca	Vinyasa Yoga Class Aylin
Join TruBe instructors as they take you through a relaxing and strengthening yoga fusion.	Join Ariana for an energizing and centering yoga flow that focuses on linking movement with breath.	A powerful yoga flow rooted in vinyasa that will challenge your balance & engage you in stretching and mobility work.	Amp up your morning with Rebecca for a high energy HIIT bootcamp class.	Join Aylin for a playful yoga flow that focuses on linking the breath to the movement.

AT HELIOS STUDIO | 2ND FLOOR
 WALK-INS WELCOME (SPACES ARE LIMITED)