



THE LANGHAM
HUNTINGTON HOTEL & SPA
Pasadena

The Huntington Spa Fitness Class Schedule

MONDAY

8:30 am YOGA with Jose Alvarado
6:00 pm YOGA with John Holloway
7:00 pm KICKBOXING with John Holloway
8:00 pm 1/2 HOUR COOL DOWN with John Holloway

TUESDAY

6:00 am YOGA with Teresa Quan
7:00 am MAT PILATES with Teresa Quan
8:00 am TAI CHI with Teresa Quan

WEDNESDAY

9:00 am YOGA with David Stecker

THURSDAY

8:30 am YOGA with Jose Alvarado
6:00 pm YOGA with David Stecker
7:00 pm YOGA with David Stecker

FRIDAY

6:00 am FLOW YOGA with Teresa Quan
7:00 am MAT PILATES with Teresa Quan
8:00 am TAI CHI with Teresa Quan

SATURDAY

7:00 am YOGA with David Stecker
8:00 am YOGA with David Stecker
9:00 am YOGA with Jose Alvarado

SUNDAY

8:30 am YOGA with Jose Alvarado
4:00 pm YOGA with John Holloway
5:00 pm MAT PILATES with John Holloway
6:00 pm YOGA with John Holloway

* Classes are subject to change without notice