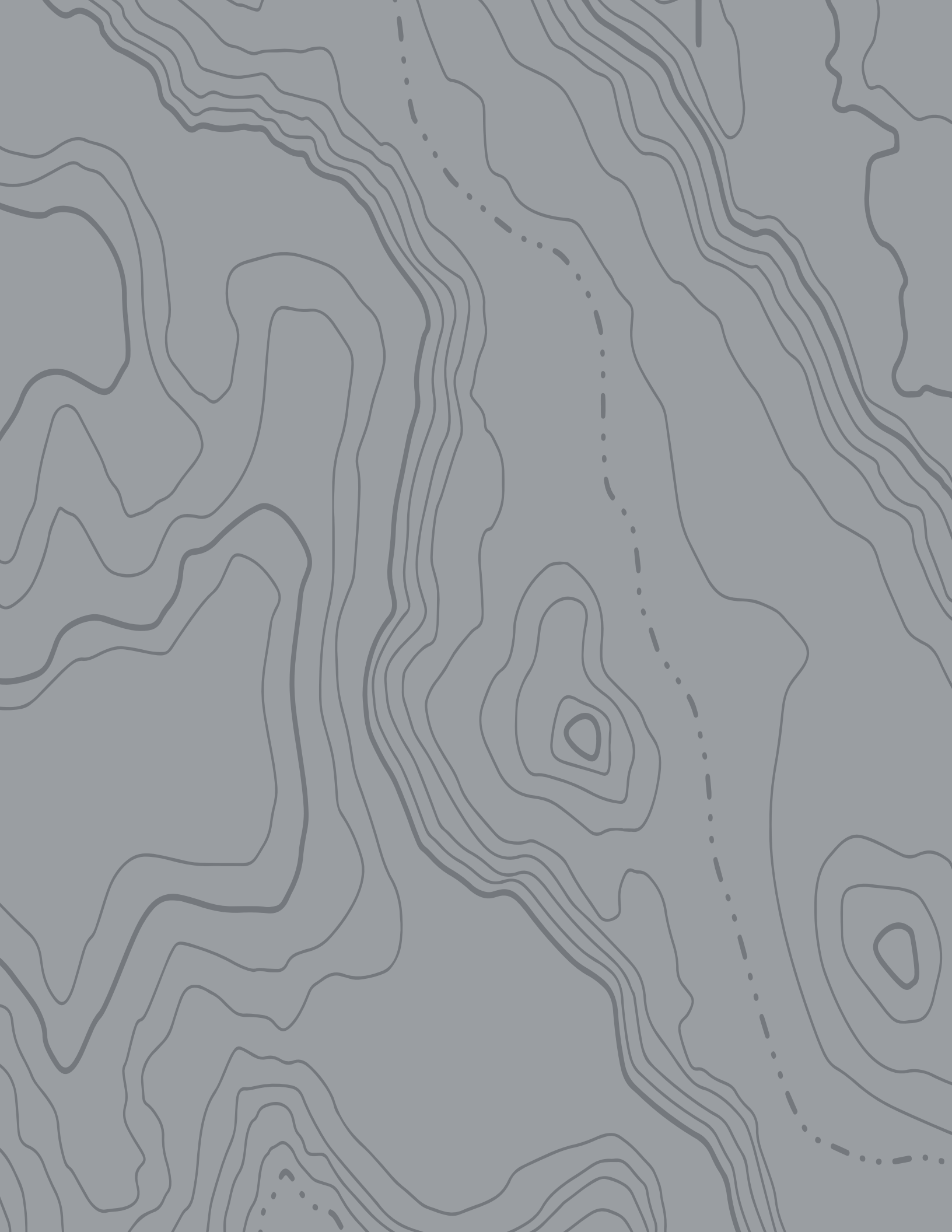




BLACKBERRY MOUNTAIN

June Hub Schedule

1507 EAST MILLERS COVE ROAD WALLAND, TN. 37886
BLACKBERRYMOUNTAIN.COM



Monday

- 8:00am** Hike to Breakfast | Outfitter
Bootcamp | Movement Studio | 45 min.
Rising Ritual | Yoga Loft | 20 min.
- 8:30am** Power Yoga | Yoga Loft | 75 min.
- 9:00am** MTN HIIT | Movement Studio | 45 min.
- 10:00am** Mobility | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
*Aerial Forest Yoga | Aerial Forest Platform | 50 min.
- 2:00pm** *Balance the Chakras Meditation | Yoga Loft | 45 min.
- 3:00pm** *Awakening Intuition Meditation | Yoga Loft | 45 min.

Tuesday

- 8:00am** Hike to Breakfast | Outfitter
Cardio Core | Movement Studio | 45 min.
Rising Ritual | Yoga Loft | 20 min.
- 8:30am** Sunrise Vinyasa | Yoga Loft | 75 min.
- 9:00am** TRX and Kettlebells | Movement Studio | 45 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
*Woodlands Yoga | Aerial Forest Platform | 50 min.
- 2:00pm** *Soundbathing | Yoga Loft | 75 min.
- 4:00pm** *Soundbathing | Yoga Loft | 75 min.

*Indicates a specialty class — supplemental fees apply-may require travel and setup time
45 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

Wednesday

- 8:00am** Hike to Breakfast | Outfitter
Bootcamp | Movement Studio | 45 min.
Rising Ritual | Yoga Loft | 20 min.
- 8:30am** Sunrise Vinyasa | Yoga Loft | 75 min.
- 9:00am** MTN HIIT | Movement Studio | 45 min.
- 10:00am** Mobility | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
Yoga Basics | Yoga Loft | 50 min.
- 2:00pm** *Soundbathing | Yoga Loft | 75 min.
- 4:00pm** *Soundbathing | Yoga Loft | 75 min.

Thursday

- 8:00am** Hike to Breakfast | Outfitter
Cardio Core | Movement Studio | 45 min.
Rising Ritual | Yoga Loft | 20 min.
- 8:30am** Sunrise Vinyasa | Yoga Loft | 75 min.
- 9:00am** Suspension Pilates | Movement Studio | 45 min.
- 9:30am** *SUP Circuit | The Pond | 45 min.
- 10:00am** Posture | Movement Studio | 45 min.
- 10:30am** *SUP Yoga | The Pond | 50 min.
- 11:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
*Aerial Forest Yoga | Aerial Forest Platform | 50 min.
- 2:00pm** *Balance the Chakras Meditation | Yoga Loft | 45 min.
- 3:00pm** *Awakening Intuition | Yoga Loft | 45 min.

*Indicates a specialty class — supplemental fees apply—may require travel and setup time
45 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

Friday

- 8:00am** Hike to Breakfast | Outfitter
Bootcamp | Movement Studio | 45 min.
Rising Ritual | Yoga Loft | 20 min.
- 8:30am** Power Yoga | Yoga Loft | 75 min.
- 9:00am** MTN HIIT | Movement Studio | 45 min.
- 10:00am** Mobility | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
*Woodlands Yoga | Aerial Forest Platform | 50 min.
- 2:00pm** *Soundbathing | Yoga Loft | 75 min.
- 4:00pm** *Soundbathing | Yoga Loft | 75 min.

Saturday

- 8:00am** Hike to Breakfast | Outfitter
Bootcamp | Movement Studio | 45 min.
Rising Ritual | Yoga Loft | 20 min.
- 8:30am** Sunrise Vinyasa | Yoga Loft | 75 min.
- 9:00am** TRX and Kettlebells | Movement Studio | 45 min.
- 9:30am** *SUP Circuit | The Pond | 45 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 10:30am** *SUP Yoga | The Pond | 50 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
*Aerial Forest Yoga | Aerial Forest Platform | 50 min.
- 2:00pm** *Soundbathing | Yoga Loft | 75 min.
- 4:00pm** *Soundbathing | Yoga Loft | 75 min.

*Indicates a specialty class — supplemental fees apply—may require travel and setup time
45 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

Sunday

8:00am	Hike to Breakfast Outfitter Rising Ritual Yoga Loft 20 min. Cardio Core Movement Studio 45 min.
8:30am	Sunrise Vinyasa Yoga Loft 75 min.
9:00am	Suspension Pilates Movement Studio 45 min.
10:00am	Posture Movement Studio 45 min.
11:00am	Stretch and Release: Hips Movement Studio 45 min. Yoga Basics Yoga Loft 50 min.
2:00pm	*Balance the Chakras Meditation Yoga Loft 45 min.
3:00pm	*Awakening Intuition Yoga Loft 45 min.

Wellness Highlights

THURSDAYS & SATURDAYS

9:30am | *SUP Circuit | The Pond | 45 min.
10:30am | *SUP Yoga | The Pond | 50 min.

Safety and Wellness

To promote healthy practices for everyone, we ask that you kindly adhere to the following guidelines while using our Wellness spaces:

- Wash or sanitize your hands upon entering and exiting.
- Wipe down equipment with sanitizing wipes before and after use.
 - Keep at least 6ft of distance between other guests.
 - Be mindful of space capacity.

*Indicates a specialty class — supplemental fees apply-may require travel and setup time
45 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

Class Descriptions

*AERIAL FOREST YOGA	Find the support of the silks and a freedom only nature can offer to align yourself with the forest around you. This creative approach to the practice and sensory experience within the elements will leave you feeling uplifted and inspired.
*AWAKENING INTUITION	A guided meditation designed to relax the physical body, enhance quality of mind and open the heart. This inward journey toward your true nature can foster the space for intuitive insight to emerge.
*BALANCE THE CHAKRAS	Align, balance and activate the seven energy centers. Explore how Chakras have a direct impact on your physical, mental, emotional and spiritual well-being.
BOOTCAMP	Drill time, early risers! Meet us in the Movement Studio for this strength training and conditioning class designed to challenge the mind and body.
CARDIO CORE	Change up your strength and endurance work with this challenging class of core supersets and cardio bursts!
MOBILITY	Explore movements to increase range of motion, flexibility and overall efficiency.
MOUNTAIN HIIT	Earn your recovery period between explosive intervals in this high energy training class.
POSTURE	Connect body awareness and core strength to your everyday posture in this informative and movement based class
POWER YOGA	Find strength in your practice and build internal heat to increase flexibility, mobility and stamina.
RESTORATIVE YOGA	Cultivate a tranquil mind with supportive postures in this restorative practice.
RISING RITUAL	Join us daily for simple practices to foster a day of intention.
*SOUNDBATHING	This healing practice allows us to experience inner calm and deep relaxation through the vibration of sound.
STRETCH AND RELEASE	Release overall tension while improving flexibility, mobility and posture in this guided recovery class.
SUNRISE VINYASA	Wake the body and stoke your agni (digestive fire) with a dynamic morning practice.
*SUP CIRCUIT	Bring your A-game to the Valley Pond! Surf and turf conditioning drills are the perfect opportunity to dig deep!
*SUP YOGA	Find new perspective to being fully present in your practice. Join us at the Valley Pond with a curious mind, sense of humor and water friendly attire!
SUSPENSION PILATES	Use the leverage of TRX and full body strength to create new fire in this Pilates style suspension class.
TRX AND KETTLEBELLS	Build new strength using complimentary movements with suspension training and kettlebells in this active, yet intentional class.
*WOODLANDS YOGA	Bridge the gap between yourself and the natural world that surrounds you. This outdoor practice among the trees inspires a deep reconnection with yourself and all nature can provide.
YOGA BASICS	Focus on the basics of asana, alignment and breath in this all levels yoga class.



BLACKBERRY  MOUNTAIN