



BLACKBERRY MOUNTAIN

Summer Hub Schedule

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

Monday

8:00am	Hike to Breakfast Outfitter MTN HIIT Movement Studio 45 min. Yoga Sculpt Yoga Loft 50 min.
9:00am	Total Body Resistance Movement Studio 45 min.
9:30am	*Aerial Forest Yoga Aerial Forest Platform 50 min.
10:00am	Stretch & Release Shoulders Movement Studio 45 min.
11:00am	Stretch & Release Hips Movement Studio 45 min. Yin-Yasa Yoga Loft 50 min.
2:00pm	*Non-Sleep Deep Rest Yoga Loft 50 min.
3:00pm	*Balance the Chakras Yoga Loft 50 min.

Tuesday

8:00am	Hike to Breakfast Outfitter Bootcamp Movement Studio 45 min. Sunrise Vinyasa Yoga Loft 75 min.
9:00am	Cardio Kickboxing Movement Studio 45 min.
9:30am	Power Yoga Yoga Loft 50 min.
10:00am	Stretch & Release Shoulders Movement Studio 45 min.
11:00am	Stretch & Release Hips Movement Studio 45 min. Yoga Basics Yoga Loft 50 min.
1:00pm	*Somatic Sculpt Embodiment Lab 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
50 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

Wednesday

8:00am	Hike to Breakfast Outfitter MTN HIIT Movement Studio 45 min. Yoga Sculpt Yoga Loft 50 min.
9:00am	Total Body Resistance Movement Studio 45 min.
9:30am	*Aerial Forest Yoga Aerial Forest Platform 50 min.
10:00am	Stretch & Release Shoulders Movement Studio 45 min.
11:00am	Stretch & Release Hips Movement Studio 45 min. Yin-Yasa 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 Bootcamp Movement Studio 45 min. Power Yoga Yoga Loft 50 min.
9:00am	Tabata TRX Movement Studio 45 min.
9:30am	*Woodlands Yoga Aerial Forest Platform 50 min.
10:00am	Stretch & Release Shoulders Movement Studio 45 min.
11:00am	Stretch & Release Hips Movement Studio 45 min. Yoga Basics Yoga Loft 50 min.
2:00pm	*Non-Sleep Deep Rest Yoga Loft 50 min.
3:00pm	*Balance the Chakras Yoga Loft 50 min.

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

Friday

8:00am	Hike to Breakfast Outfitter MTN HIIT Movement Studio 45 min. Yoga Sculpt Yoga Loft 50 min.
9:00am	Cardio Kickboxing Movement Studio 45 min.
9:30am	*Aerial Forest Yoga Aerial Forest Platform 50 min.
10:00am	Stretch & Release Shoulders Movement Studio 45 min.
11:00am	Stretch & Release Hips Movement Studio 45 min. Yin-Yasa Yoga Loft 50 min.
1:00pm	*Somatic Sculpt Embodiment Lab 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. Power Yoga Yoga Loft 50 min.
9:00am	Tabata TRX Movement Studio 45 min.
9:30am	*Woodlands Yoga Aerial Forest Platform 50 min.
10:00am	Stretch & Release Shoulders Movement Studio 45 min.
11:00am	Stretch & 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.

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

Sunday

8:00am	Hike to Breakfast Outfitter Bootcamp Movement Studio 45 min. Sunrise Vinyasa Yoga Loft 75 min.
9:00am	MTN HIIT Movement Studio 45 min.
9:30am	Power Yoga Yoga Loft 50 min.
10:00am	Stretch & Release Shoulders Movement Studio 45 min.
11:00am	Stretch & 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.

Wellness Highlights

THURSDAYS & SATURDAYS, 9:30AM

*Woodlands Yoga | Aerial Forest Platform | 50 min.

TUESDAYS & FRIDAYS, 9:00AM

Cardio Kickboxing | Movement Studio | 45 min.

Lunar Events

During New and Full Moons, we offer special programming aligned with each lunar event. Visit the Outfitter to see if one falls during your stay!

*Indicates a specialty class — supplemental fees apply-may require travel and setup time
50 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.
*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. Each day includes a mini-workshop on one of the 7 foundational human movement patterns incorporated into a full-body workout.
CARDIO KICKBOXING	Embrace your inner warrior! Learn proper techniques, enhance coordination and strengthen your core in this non-combat conditioning class.
MTN HIIT	Earn your recovery period between explosive intervals in this high energy training class.
*NON-SLEEP DEEP REST	Find effortless relaxation with conscious yet gentle awareness in this deeply restorative and fully guided experience.
POWER YOGA	Find strength in your practice and build internal heat to increase flexibility, mobility and stamina.
*SOMATIC SCULPT	Silent Disco technology meets Mindful Movement! Put on your own headset, move and shake the body to burn energy in this fully guided and cathartic experience.
*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.
TABATA TRX	Maximize intensity and stability with suspension training. Alternate quick bursts of your highest-intensity work followed by full body active recovery.
TOTAL BODY RESISTANCE	Suspension training at its best! Leverage your own bodyweight as you work against gravity to help create strength, flexibility and balance using the well-known TRX system.
*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.
YIN-YASA	In this hybrid practice, dynamic flowing sequences are combined with passive yet powerful longer held floor postures to promote deep fascial release.
YOGA BASICS	Focus on the basics of asana, alignment and breath in this all-levels yoga class.
YOGA SCULPT	Find strength in your practice as we combine high reps with light weights to tone the body, increase flexibility and build stamina.

