



BLACKBERRY MOUNTAIN

April 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: Root | Yoga Loft | 20 min.
- 8:30am** Sunrise Vinyasa | Yoga Loft | 75 min.
- 9:00am** MTN HIIT | Movement Studio | 45 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
*Non-Sleep Deep Rest | Embodiment Lab | 45 min.

Tuesday

- 8:00am** Hike to Breakfast | Outfitter
Cardio Core | Training Gym | 45 min.
Rising Ritual: Grow. | 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.
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
45 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

Wednesday

- 8:00am** Hike to Breakfast | Outfitter
Bootcamp | Movement Studio | 45 min.
Rising Ritual: Shine. | Yoga Loft | 20 min.
- 8:30am** Sunrise Vinyasa | Yoga Loft | 75 min.
- 9:00am** MTN HIIT | Movement Studio | 45 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
*Indoor Aerial Yoga | 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 Barre | Movement Studio | 45 min.
Rising Ritual: Love. | Yoga Loft | 20 min.
- 8:30am** Sunrise Vinyasa | Yoga Loft | 75 min.
- 9:00am** Suspension Pilates | Movement Studio | 45 min.
- 10:00am** Stretch and Release: Shoulders | 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.

*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
Cardio Core | Training Gym | 45 min.
Rising Ritual: Share. | Yoga Loft | 20 min.
- 8:30am** Sunrise Vinyasa | Yoga Loft | 75 min.
- 9:00am** MTN HIIT | Movement Studio | 45 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
*Indoor Aerial Yoga | Yoga Loft | 50 min.
- 1:00pm** *Non-Sleep Deep Rest | Embodiment Lab | 45 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:Know. | 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.
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
45 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

Sunday

- 8:00am** Hike to Breakfast | Outfitter
Cardio Barre | Movement Studio | 45 min.
Rising Ritual: Be. | Yoga Loft | 20 min.
- 8:30am** Sunrise Vinyasa | Yoga Loft | 75 min.
- 9:00am** Suspension Pilates | Movement Studio | 45 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
*Indoor Aerial Yoga | Yoga Loft | 50 min.
- 2:00pm** *Soundbathing | Yoga Loft | 75 min.
- 4:00pm** *Soundbathing | Yoga Loft | 75 min.

Wellness Highlights

MONDAYS, 11:00am & FRIDAYS, 1:00pm

Non-Sleep Deep Rest | Embodiment Lab | 45 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.

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45 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

Class Descriptions

*AERIAL YOGA

Explore new or familiar postures with the support of aerial silks.

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 BARRE

The barre moves you love with interval training to boot!

CARDIO CORE

Change up your strength and endurance work with this challenging class of core supersets and cardio bursts!

MOUNTAIN 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.

RISING RITUAL

Join us daily for simple practices to foster a day of intention.

SUNRISE VINYASA

Wake the body and stoke your agni (digestive fire) with a dynamic morning practice.

SUSPENSION PILATES

Use the leverage of TRX and full body strength to create new fire in this Pilates style suspension class.

STRETCH AND RELEASE

Release overall tension while improving flexibility, mobility and posture in this guided recovery class.

*SOUNDBATHING

This healing practice allows us to experience inner calm and deep relaxation through the vibration of sound.

TRX+KETTLEBELLS

Build new strength using complimentary movements with suspension training and kettlebells in this active, yet intentional class.

YOGA BASICS

Focus on the basics of asana, alignment and breath in this all levels yoga class.



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