

WED 04

WED 04

THU 05

FRI 06

FRI 06

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SUN 08

WED 11

AED II

THU 12

SAT 14

LIFESTYLE HIGHLIGHTS

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SAT 14

MON 16

WED 18

WED 18

THU 19

FRI 20

SAT 21

WED 25

WED 25

WED 25

WED Z5

THU 26

FRI 27

SAT 28

Keynote Speaker Series ft. Dr. Roger Landry | Details on MTL

Live Music at June Hill's Table ft. Migel Tristan | 6PM

Jukebox Bingo | 6:30PM

Blood Drive | 9AM

Coffee Talk | 10AM

#MTL 101 | 1:30PM

Pro Basketball Watch Party | Details on MTL

Live Music at June Hill's Table ft. Tony Grandberry | 6PM

Jiggering with June Hill's Table ft. Christopher Davis | 5PM

Cornhole Tournament | 10:30AM

Movie Night: Nonnas | 5PM

Trilogy® Spirits Week Begins! June 16th-22nd

Jiggering with Joselyne | 5PM

Live Music at June Hill's Table ft. Lizann | 6PM

New 1078 Cocktail Tasting | 3PM

Spirits Week Speakeasy I 6PM

Juneteenth Celebration | 6:30PM

Cooking Demo | 3PM

Line Dancing | 4:30PM

Live Music at June Hill's Table ft. Chris L. | 6PM

Bingo Night | 6:30PM

Comedy Night | 7PM

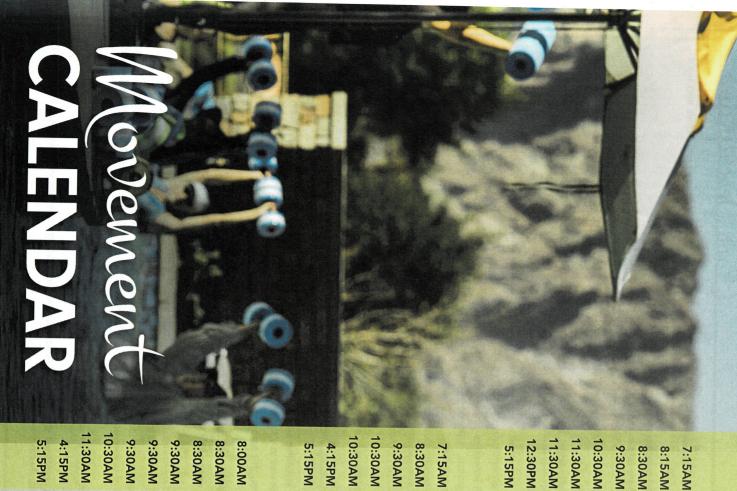
Blues, Brews & BBQ ft. Bone Thumpers | 6:30PM

RECURRING EVENTS

WED Live Music in June Hill's Table | 6-8PM

Events and details are subject to change at any time. Please visit MTL for the most current list of events.





MONDAY

- Gentle Flow Yoga
- Hatha Yoga
- Sweat Camp
- PPL Strength Circuit
- Water Aerobics 😋
- Easy Flow Cardio
- Sit & Fit 8 Indoor Cycling
- Full Body Free Weight Circuit

TUESDAY

- Full Body Strength Conditioning
- PPL Circuit
- Circuit Training HIIT
- Water Aerobics co
- Core & Breathwork
- A-Set

Boxing

- WEDNESDAY
- Water Aerobics
- 9:30AM
- 11:30AM
- 4:15PM

- Indoor Cycling
- Sweat Camp
- Chair-Core Zumba Core, Resistance, & Stretch
- Easy Flow Cardio PPL Strength Circuit
- Rolling for Recovery
- Core & Breathwork
- Full Body Free Weight Circuit

THURSDAY

- 7:15AM Rise & Grind
- 9:30AM 8:15AM Rolling for Recovery Circuit Training HIIT
- 10:30AM Zumba
- 10:30AM Water Aerobics co
- 11:30AM
- 11:30AM Dynamic Balance Boxing
- 12:30PM Sit & Fit co

FRIDAY

- 7:15AN Indoor Cycling
- 7:15AM Gentle Flow Yoga
- 8:15AN Hatha Yoga
- 8:30AN Sweat Camp
- 9:15AM Chair-Core Zumba
- 9:30AM PPL Circuit
- 10:30AM • Water Aerobics oc
- 11:30AM Easy Flow Cardio

SATURDAY

- 11:00AM Circuit Training HIIT
- 12:00PM Indoor Cycling

GROUP CLASSES

- 2PALMS THE FLOW
- RESORT POOL SUNSET DECK *VIRTUAL OPTION AVAILABLE
- SILVERSNEAKERS® INFINITY CLASS Complimentary with eligible Insurance Qualified Benefit

Classes and instructors subject to change at any time See MTL for the most current schedule and details.