

WEEKLY YOGA STUDIO SCHEDULE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

YOGA
 8 AM
 VINYASA FLOW

FITNESS
 8 AM
 STRENGTH &
 MOBILITY

FITNESS
 8 AM
 STRENGTH &
 MOBILITY

YOGA
 9 AM
 VINYASA FLOW

YOGA
 9 AM
 VINYASA FLOW

YOGA
 9 AM
 VINYASA FLOW

YOGA
 10 AM
 VINYASA FLOW

YOGA
 10 AM
 YIN/RESTORATIVE

YOGA
 5 PM
 SUNSET YIN

YOGA
 5 PM
 SUNSET FLOW

DROP IN CLASS - \$20 each*

PRIVATE CLASSES - \$50 for 2 people

\$10 per person after initial \$50 fee

**If you are an owner or full-time resident, ask about our 10-class Package.*

All classes welcome all levels of yogis.

STRENGTH & MOBILITY FITNESS - Mixed modality full body workout focusing on strength, conditioning and mobility.

YIN/RESTORATIVE YOGA - relaxing slower paced yoga practice where postures are held longer for a deeper stretch.

ALL USERS MUST SIGN-UP IN ADVANCE, ESPECIALLY FOR EARLY MORNING CLASSES.

FOR MORE INFORMATION OR TO MAKE A RESERVATION PLEASE CONTACT CONCIERGE@RANCHOSANTANA.COM.