

WEEKLY YOGA SCHEDULE

NOVEMBER 17TH - NOVEMBER 23RD

SPECIAL EVENTS Join a Breathwork & Reiki Journey NOVEMBER 17TH 26TH The Treetop Yoga Palapa 11 am - 1 pm C\$1,831 / US\$50 per person Flow Into Gratitude FRIDAY, NOVEMBER 28TH The Treetop Yoga Palapa 11:11 am - 1:11 pm C\$1,282 / US\$35 per person	MONDAY 17TH	TUESDAY 18TH	WEDNESDAY 19TH	THURSDAY 20TH	FRIDAY 21ST	SATURDAY 22ND	SUNDAY 23RD
		8 AM Pilates	7:30 AM Qi Gong Flow	8 AM Pilates	7:30 AM Vinyasa by FitSouls*	9 AM Vinyasa Yoga	7:30 AM Full Body Functional Fitness by FitSouls*
	9 AM Active Flow Yoga		9 AM Vinyasa Yoga		9 AM Slow Flow	10 AM Rhythm & Groove Dance	9 AM Slow Flow
	5:30 PM Candle Light Yin	5:30 PM Rhythm & Groove Dance		5:30 PM Yin Restorative Yoga by FitSouls*	5:30 PM Qi Gong Flow	5:30 PM Sunset Vinyasa Flow with Live Dj & Cacao by FitSouls*	11 AM Pilates Strength & Mobility
	ACTIVE FLOW YOGA An energetic yoga flow accompanied by breath and mindful contemplation of the body.		RHYTHM & GROOVE DANCE An all levels Afrobeat inspired dance flow.		QI GONG FLOW A gentle meditative practice that combines slow flowing movements with breathwork & intention to cultivate balance, energy and relaxation.		
	VINYASA YOGA A dynamic flow that syncs breath and movement, creating fluidity in the mind and body.		SLOW FLOW A slower-paced flow linking breath & movement.		PILATES STRENGTH & MOBILITY A full body workout combining Pilates with controlled full range functional movement leaving you feeling toned, strong and open.		

DROP IN CLASS C\$919 / US\$25 EACH

PRIVATE CLASSES ARE C\$2,930 / US\$80 FOR 2 PEOPLE

C\$732 / US\$20 PER PERSON AFTER THE INITIAL C\$2,930 / US\$80 FEE

*CLASSES ARE PART OF THE FITSOULS WELLNESS RESIDENCY AND CANNOT BE INCLUDED IN THE HOMEOWNER OR ANY OTHER PACKAGE. THE SUNSET VINYASA FLOW WITH LIVE DJ AND CACAO IS AVAILABLE AT C\$1,832 / US\$50.

IF YOU ARE AN OWNER ASK ABOUT OUR 10-CLASS PACKAGE
ALL CLASSES WELCOME ALL LEVELS OF YOGIS.

