

WEEKLY YOGA SCHEDULE

NOVEMBER 24TH - NOVEMBER 30TH

SPECIAL
EVENTS

Join a Breathwork & Reiki Journey

WEDNESDAY,
NOVEMBER 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 24TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH	SATURDAY 29TH	SUNDAY 30TH
7:30 AM Barre Fusion	8 AM Pilates	7:30 AM Qi Gong Flow	8 AM Pilates	7:30 AM Vinyasa by FitSouls*	8 AM Vinyasa Yoga	7:30 AM Full Body Functional Fitness by FitSouls*
9 AM Active Flow Yoga		9 AM Vinyasa 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 Sculpt & Stretch	12 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 Streight & Mobility

BARRE FUSION

A low impact, low weight, high reps and controlled movements with an emphasis on glutes, thighs, arms and core.

QI GONG FLOW

A gentle meditative practice that combines slow flowing movements with breathwork & intention to cultivate balance, energy and relaxation.

SLOW FLOW

A slower-paced flow linking breath & movement.

ACTIVE FLOW YOGA

An energetic yoga flow accompanied by breath and mindful contemplation of the body.

VINYASA YOGA

A dynamic flow that syncs breath and movement, creating fluidity in the mind and body.

PILATES STRENGTH & MOBILITY

A full body workout combining Pilates with controlled full range functional movement leaving you feeling toned, strong and open.

RHYTHM & GROOVE DANCE

An all levels Afrobeat inspired dance flow.

SCULPT & STRETCH

A full body workout & a deep stretch.

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.

