

WEEKLY YOGA SCHEDULE

DECEMBER 8TH - DECEMBER 14TH

**RANCHO
SANTANA**

MONDAY 8TH

7:30 PM | BARRE FUSION
9 AM | YOGA ACTIVE FLOW

TUESDAY 9TH

8 AM | PILATES

WEDNESDAY 10TH

7:30 AM | QI GONG FLOW
5:30 PM | SCULPT & STRETCH

THURSDAY 11TH

8 AM | PILATES
5:30 PM | **SUNSET SLOW FLOW BY FITSOULS***

FRIDAY 12TH

7:30 AM | **FIT CORE FLOW BY FITSOULS***
9 AM | SLOW FLOW
2:30 PM | **BREATH WORK WORKSHOP & COLD PLUNGE BY FITSOULS***
4:30 PM | **FAMILY & FRIENDS BEACH WORKOUT BY FITSOULS***
5:30 PM | QI GONG FLOW

SATURDAY 13TH

8 AM | VINYASA YOGA
10 AM | RYTHM & GROOVE DANCE
5:30 PM | **VINYASA SUNSET FLOW BY FITSOULS***

SUNDAY 14TH

7:30 AM | **FULL BODY LONGEVITY WORKOUT BY FITSOULS***
9 AM | SLOW FLOW
5:30 PM | YOGALATES

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, LOCATIONS ARE SUBJECT TO CHANGE, AND PRICES MAY VARY BY CLASS. THEY CANNOT BE INCLUDED IN THE HOMEOWNER PACKAGE OR ANY OTHER PACKAGE.**

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