

WEEKLY YOGA SCHEDULE

DECEMBER 22ND - DECEMBER 28TH

**RANCHO
SANTANA**

MONDAY 22ND

7:30 AM | BARRE FUSION
9 AM | YOGA ACTIVE FLOW
5:30 PM | CANDLE LIGHT YIN

TUESDAY 23RD

8 AM | PILATES
10 AM | YIN YANG YOGA
5:30 PM | RYTHM & GROOVE DANCE

WEDNESDAY 24TH

7:30 AM | QI GONG FLOW
9 AM | VINYASA YOGA

THURSDAY 25TH

5:30 PM | **FITSOULS WELLNESS RESIDENCY SLOW FLOW YOGA***

FRIDAY 26TH

7:30 AM | **FITSOULS WELLNESS RESIDENCY FITCORE FLOW YOGA***
9 AM | SLOW FLOW
2:30 PM | **FITSOULS WELLNESS RESIDENCY ICE BATH & BREATHWORK***
5:30 PM | QI GONG FLOW

SATURDAY 27TH

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

SUNDAY 28TH

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

EXPLORE YOGA
CLASSES DETAILS



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.