

WEEKLY YOGA SCHEDULE

DECEMBER 22ND - DECEMBER 28TH

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

7:15 AM
Bike Trail ride & Full Body Beach Workout by Fitsouls*

5:30 PM
Yin Restorative by Fitsouls*

SPECIAL EVENTS

Join a Breathwork & Reiki Journey

WEDNESDAY, DECEMBER 31ST
THE TREETOP YOGA PALAPA
11 AM - 1 PM
C\$1,830 / US\$50 PER PERSON

FRIDAY 26TH

7:30 AM
Vinyasa by Fitsouls*

9 AM
Slow Flow

2 PM
Ice Bath & Breathwork by Fitsouls*

4:30 PM
Family Beach Bootcamp by Fitsouls*

SATURDAY 27TH

8 AM
Vinyasa Yoga

10 AM
Rythm & Groove Dance

5:30 PM
Flow with Live Dj & Cacao Ceremony by Fitsouls*

SUNDAY 28TH

7:30 AM
Full Body Functional Fitness by Fitsouls*

9 AM
Slow Flow

10:30 AM
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.

BARRE FUSION

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

YOGA ACTIVE FLOW

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

PILATES

A mat-based exercise using body weight to perform controlled movements, strengthening the core, improving flexibility, and enhancing body awareness.

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.

SCULPT & STRETCH

A full body workout & a deep stretch.

SLOW FLOW

A slower-paced flow linking breath & movement.

RHYTHM & GROOVE DANCE

An all levels Afrobeat inspired dance flow.

CANDLE LIGHT YIN

A slow, meditative style of yoga that focuses on long-held, passive stretches to target the deeper layers of the body-fascia, ligaments, joints, and connective tissues-rather than muscles alone.

YOGALATES

A hybrid movement method that blends yoga and Pilates to create a balanced practice focused on core strength, flexibility, posture, and mindful movement.

YIN YANG YOGA

A balanced practice that blends slow, deep Yin stretches with active, warming Yang movements to create both strength and relaxation in one session.