

# WEEKLY YOGA SCHEDULE

JANUARY 5TH - JANUARY 11TH

# RANCHO SANTANA

## MONDAY 5TH

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

## TUESDAY 6TH

8 AM | PILATES  
10 AM | VINYASA YOGA  
5:30 PM | ENERGY RESTORE YOGA

## WEDNESDAY 7TH

7:30 AM | QIGONG FLOW  
9 AM | VINYASA YOGA  
11 AM - 1 PM | TRANSFORMATIONAL  
BREATHWORK & REIKI. *ADDITIONAL  
FEE APPLIES*

## THURSDAY 8TH

8 AM | PILATES  
10 AM | VINYASA YOGA  
4 PM | **FITSOULS SUNSET SLOW FLOW\***  
5:30 PM | YIN RESTORATIVE YOGA

## FRIDAY 9TH

9 AM | SLOW FLOW YOGA  
10:30 AM | **FITSOULS FITCORE FLOW YOGA  
& LIVE DJ SET WITH SMOOTHIE\***  
2:30 PM | **FITSOULS ICE BATH &  
BREATHWORK\***  
5:30 PM | ROOTED RHYTHM

## SATURDAY 10TH

8 AM | POWER PILATES  
10 AM | VINYASA YOGA

## SUNDAY 11TH

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

## SPECIAL EVENTS

### JOIN A BREATHWORK & REIKI JOURNEY

WEDNESDAY, JANUARY 7TH  
THE TREETOP YOGA PALAPA  
11 AM - 1 PM  
C\$1,830 / US\$50 PER PERSON

### REVIVE YOUR GLOW WITH A HIBISCUS & ALOE RENEWAL RITUAL

Renew your sun-kissed skin with  
a hibiscus scrub, an aloe honey  
mask, and a restorative  
50-minute massage. An ritual  
that hydrates, cools, and restores  
your natural glow.

AVAILABLE  
THROUGHOUT JANUARY  
C\$7,320 / US\$200

## 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

**ALL CLASSES WELCOME ALL LEVELS OF YOGIS**

IF YOU ARE AN OWNER, ASK ABOUT OUR 10-CLASS PACKAGE.

**\*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.**