

# WEEKLY YOGA SCHEDULE

JANUARY 5TH - JANUARY 11TH

RANCHO  
SANTANA

## MONDAY 5TH

<b>7:30 AM</b>	BARRE FUSION
<b>9 AM</b>	ACTIVE FLOW
<b>5:30 PM</b>	YIN RESTORATIVE YOGA

## TUESDAY 6TH

<b>8 AM</b>	PILATES
<b>10 AM</b>	VINYASA YOGA
<b>5:30 PM</b>	ENERGY RESTORE YOGA

## WEDNESDAY 7TH

<b>7:30 AM</b>	QIGONG FLOW
<b>9 AM</b>	VINYASA YOGA
<b>11 AM - 1 PM</b>	TRANSFORMATIONAL BREATHWORK & REIKI. ADDITIONAL FEE APPLIES

## THURSDAY 8TH

<b>8 AM</b>	PILATES
<b>10 AM</b>	VINYASA YOGA
<b>4 PM</b>	FITSOULS SUNSET SLOW FLOW*
<b>5:30 PM</b>	YIN RESTORATIVE YOGA

## FRIDAY 9TH

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

## SATURDAY 10TH

<b>8 AM</b>	POWER PILATES
<b>10 AM</b>	VINYASA YOGA

## SUNDAY 11TH

<b>7:30 AM</b>	FITSOULS FULL BODY LONGEVITY WORKOUT*
<b>9 AM</b>	SLOW FLOW YOGA
<b>5:30 PM</b>	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.**