

WEEKLY YOGA SCHEDULE

JANUARY 26TH - JANUARY 31ST

RANCHO SANTANA

MONDAY 26TH

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

TUESDAY 27TH

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

WEDNESDAY 28TH

7:30 AM | QIGONG FLOW
9 AM | VINYASA YOGA

THURSDAY 29TH

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

FRIDAY 30TH

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

SATURDAY 31ST

8 AM | PILATES
10 AM | VINYASA YOGA

MONTHLY SPECIAL

REVIVE YOUR GLOW WITH A HIBISCUS & ALOE RENEWAL RITUAL

Revitalize sun-kissed skin with a deeply nourishing ritual rooted in the land's natural abundance. This 80-minute experience begins with a rejuvenating Hibiscus scrub, followed by an Aloe Honey mask that cools, hydrates, and restores luminosity. A 50-minute massage completes your renewal, leaving you relaxed, replenished, and ready for your radiant return home.

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.**