

MONTHLY YOGA SCHEDULE

MARCH YOGA SCHEDULE

RANCHO SANTANA

MONDAY

7:30 AM | BARRE FUSION
9 AM | ACTIVE FLOW YOGA
5:30 PM | ENERGY RESTORE

TUESDAY

8 AM | PILATES
10 AM | SLOW FLOW YOGA
5:30 PM | YIN RESTORATIVE YOGA

WEDNESDAY

7- 8:15 AM | **WELLNESS WEDNESDAY***
9 AM | VINYASA YOGA
10:30 AM | CARDIO DANCE FITNESS

THURSDAY

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

FRIDAY

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

SATURDAY

8 AM | HATHA YOGA
10 AM | POWER PILATES

SUNDAY

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

WELLNESS WEDNESDAY

*Every Wednesday from 7 am to 8:15 am, enjoy an elemental private experience featuring Qigong focused on the Fire element, guided Breathwork representing Air, a Guided Meditation grounded in Earth, and access to the Contrast Therapy Pools, embodying Water.

LIMITED TO 4 PEOPLE.
1 PERSON C\$1,831 / US\$50
2 PEOPLE C\$3,298 / US\$90
3-4 PEOPLE C\$1,464 / US\$40 PER PERSON

This experience is subject to availability, please register no later than Tuesday at 4 pm.

SPECIAL EVENTS

JOIN A BREATHWORK & REIKI SESSION

WEDNESDAY, MARCH 11TH &
FRIDAY, MARCH 27TH
THE TREETOP YOGA PALAPA
11 AM - 1 PM
C\$1,831 / US\$50

MONTHLY SPECIAL

REVEAL YOUR GLOW WITH AN OXYGEN FACIAL

Refresh and revitalize your skin with an oxygen-infused facial enhanced by LED light therapy. A luminous treatment designed to brighten, hydrate, and restore radiance—perfect before special moments.

C\$5,495 / US\$150

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.**

KINDLY NOTE THAT THE FITCORE FLOW YOGA & LIVE DJ SET WITH SMOOTHIE SESSION ON FRIDAY, MARCH 27TH WILL TAKE PLACE AT 7:30 AM INSTEAD OF 10:30 AM.