

# 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

### 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.**