

# MONTHLY YOGA SCHEDULE

YOGA SCHEDULE | APRIL 20TH – 30TH

**RANCHO  
SANTANA**

## MONDAY

7:30 AM | BARRE FUSION  
5:30 PM | ENERGY RESTORE

## TUESDAY

8 AM | PILATES  
5:30 PM | YIN YOGA

## WEDNESDAY

7 AM | **WELLNESS WEDNESDAY\***  
9 AM | VINYASA YOGA  
5:30 PM | SUNSET RESTORATIVE & SOUND

## THURSDAY

8 AM | PILATES  
5:30 PM | YIN YOGA

## FRIDAY

9 AM | SLOW FLOW YOGA  
5 PM | CARDIO DANCE FITNESS

## SATURDAY

8 AM | HATHA YOGA  
10 AM | POWER PILATES

## SUNDAY

9 AM | SLOW FLOW  
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.

## MONTHLY SPECIALS

### EMBRACE THE NICA CAMPO RITUAL

Indulge in a head-to-toe spa ritual inspired by Nicaragua's countryside. This signature treatment blends a coffee & cacao scrub with a hydrating cashew and tobacco mask, followed by our signature facial and a relaxing manicure and pedicure.

SPECIAL 10% OFF AVAILABLE DURING APRIL: C\$17,213 / US\$470

## 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