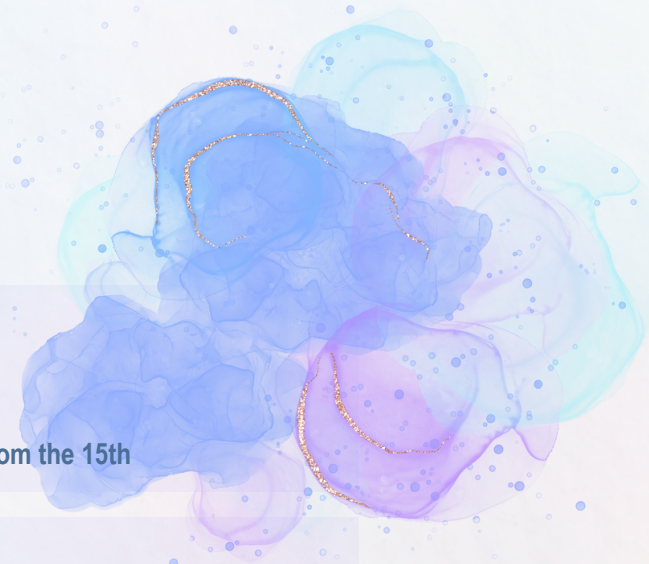




# April Yoga Schedule



**Monday:** 9:00 to 10:00 AM  
Hatha Flow with May  
5:45 to 6:45 PM  
Breathe + Flow, Vinyasa all levels with Sara from the 15th

**Tuesday:** no class

**Wednesday:** 9:30 to 10:30 AM  
Restorative Movement with May

**Thursday:** 9:00 to 10:00 AM  
CIRCL with Mayo

**Friday:** 8:30 to 9:30 AM  
Rise with Ease, Vinyasa all levels with Sara from the 12th  
5:30 PM  
Latin Dance with Andrew

**Saturday:** 9:00 to 10:00 AM  
Yin Yan with May  
9:30 to 10:10 AM  
Zumba in the pool with Mayo by the Cocoa Pod lap pool  
( have your swimsuit on and sunblock)  
10:30 to 11:15 AM  
CIRCL with Mayo

**Sunday:** 9:00 to 10:00 AM  
Power Vinyasa with Arielle NO CLASS APRIL 14TH



True Blue Bay Boutique Resort

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CLASS EC\$25

5 classes booklet available at EC\$100 at the resort front desk