

Yoga Schedule to May



Sankalpa Yoga Studio

True Blue Bay Boutique Resort



Monday:

9:30 to 10:00 AM

Restorative with Sara from 21st

5:45 to 6:45 PM

Restorative with Sara

Tuesday:

9:00 to 10:00 AM

Vajra Inspired Hatha with Rhianna

BACK

Wednesday:

9:30 to 10:30 AM

Mobility, Breathwork and Flexibility, Low Impact with Mayo

7:00 to 8:00 PM

Zumba with Mayo, please confirm assistance on IG @thatzumbamum or whatsapp 4048894

NEW

Thursday:

8:30 to 9:15 AM

CIRCL with Mayo

9:30 to 10:30 AM

Aqua Zumba with Mayo by the Cocoa Pod Pool (have your swimsuit and sunblock on) no class on the 16th

NEW

Friday:

8:30 to 9:30 AM

Rise with Easy Restorative Vinyasa all levels with Sara

10:00 to 11:00 AM from May 10th

Vajra Inspired Hatha with Rhianna

5:30 PM

Latin Dance with Andrew

BACK

Saturday:

9:00 to 10:00 AM

Yin Yan with Nadira

10:15 to 11:15

Zumba + CIRCL

NEW

Sunday:

Retreat

9:00 AM to 1:30 PM May 19th only, EC\$220 register-ticket at @go2fete.com or just reserve your space with Magdalena

Mini Cocoa Wellness Retreat

9:00 to 10:00 AM no class May 19th

Power Vinyasa with Arielle



True Blue Bay Boutique Resort

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CLASS EC\$25

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