



Sankalpa Studio May 2025 Schedule

Monday:

9:00 to 10:00
Slow Flow with Hanna

Tuesday:

9:00 to 10:00 AM
Release and Restore Yin with Marcia,

Wednesday:

9:30 to 10:30 AM
CIRCL with Mayo

Thursday:

9:00 to 10:00 AM
Gentle Yoga “ Journey to Tranquility and Healing”
with Marcia

Friday:

9:00 to 10:00 AM
Yin and Breath with Hanna
9:00 to 10:00 May 23rd Special Chocolate Fest, Cocoa
Butter Self Massage Restorative Yoga Class EC\$30
6:00 PM
Latin Dance with Andrew

Saturday:

10:00 to 10:45 AM -
Aqua-zumba with Mayo at the Cocoa pod pool
8:30 to 9:30 AM - May 24TH Special Chocolate Fest,
Cocoa Tea Aquazumba at the Grenada Pool EC\$40

Sunday:

10:00 to 11:00 AM
11:30 AM to 12:30 PM
3:00 PM to 4:00 PM
Pilates with Fran



Chocolate Fest tickets for special classes are available at @go2fete



True Blue Bay Boutique Resort

sankalpa@truebluebay.com

Tel: 473 443 8783

CLASS EC\$25

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