



**Sankalpa Schedule to December 15th, 2024**

**Monday:** 9:00 to 10:00  
Slow & Steady, Soulful Vinyasa with Marcia on Monday 9th  
the class will be at the Cocoa Pod studio  
6:00 to 7:00 PM  
Pilates with Fran

**Tuesday:** 9:00 to 10:00 AM  
Aqua Zumba with Mayo  
by the Cocoapod pool, bring your swimwear on  
10:30 to 11:30 AM  
CIRCL 45 with Mayo

**Wednesday:** 9:00 to 10:00 AM  
Yin and Breath with Hanna on Wednesday the 4th the  
class will be at the Cocoa Pod Studio

**Thursday:** 9:00 to 10:00 AM  
CIRCL 45 with Mayo

**Friday:** 9:00 to 10:00 AM  
Slow Flow with Hanna on Friday the 6th the class  
will be by the Cocoa Pod Studio  
10:30 to 11:30 AM  
Pilates with Fran  
5:30 PM  
Latin Dance with Andrew Friday 6th by the Cocoa  
Pod Studio

**Saturday:** 9:00 to 10:00 AM  
Release and Restore Yin with Marcia on Saturday the 7th  
the class will be at the Cocoa Pod Studio



**True Blue Bay Boutique Resort**  
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CLASS EC\$25

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