



# March Yoga Schedule

**Monday:**

**9:30 to 10:30 AM**

Vajra Inspired Hatha with Rhianna

**Tuesday:**

**9:00 to 10:00AM**

Vajra Inspired Hatha with Rhianna

**Wednesday:**

**8:30 to 9:30 AM**

Restorative Yoga with Ophra March 20th last class

**Thursday:**

Sorry no class, please check for updates during the month

**Friday:**

**8:30 to 9:30 AM**

Will advise about class happening or not every Thursday

**10:00 to 11:00 AM**

Vajra Inspired Hatha with Rhianna

**5:30 PM**

Latin Dance with Andrew

**Saturday:**

**9:00 to 10:00 AM**

Vajra Inspired Hatha with Rhianna

**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 (sorry no class on the 17th)



**True Blue Bay Boutique Resort**

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CLASS EC\$25

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