

# Sankalpa Yoga Studio

**SEPTIEMBRE 1ST TO 17TH, 2023**

## MONDAY

**Gentle Flow  
With May**

9:30 to 10:30 AM

## TUESDAY

**CIRCL  
With Mayo**

6:30 to 7:30 AM

## WEDNESDAYS

**Mindful Flow**

**With Malaika**

8:30 - 9:30 AM

## THURSDAY

**CIRCL  
With Mayo**

6:30 to 7:30 AM

## FRIDAYS

**Restorative Movement  
With Malaika**

8:30 - 9:30 AM

**Latin Dance  
with Andrew EC\$30**

5:30 - 7:00 PM

## SATURDAYS

**Gentle Flow  
With May**

9:00 to 10:00 AM

**Zumba and CIRCL**

**With Mayo**

10:30 - 11:30 AM

## EC\$25 PER CLASS

Sankalpa Yoga Studio, True Blue Bay Resort

+1473 443-8783

Buy a 5 class pass for EC\$100  
at the Front Desk

