



# Yoga Schedule to May 15th

## Monday:

9:00 to 10:00 AM  
Hatha Flow with May  
5:45 to 6:45 PM  
Restorative with Sara

## Tuesday:

9:00 to 10:00AM from May 8th  
Vajra Inspired Hatha with Rhianna



## Wednesday:

9:30 to 10:30 AM  
Restorative Movement with May  
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)

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



## Saturday:

9:00 to 10:00 AM  
Yin Yan with May  
10:15 to 11:15  
Zumba+ CIRCL

NEW

## Sunday:

*Retreat*

8:00 AM to @;00 PM May 5th only EC\$285 register [www.malaikabsl.com](http://www.malaikabsl.com)  
Day Retreat Creative Healing with Malaika and Stacey Byer  
9:00 to 10:00 AM, May 5th only by Cocoa Pod Studio  
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