



## Sankalpa Schedule November, 2024

**Monday:** 6:00 to 7:00 AM  
Pilates with Francis  
9:00 to 10:00  
Slow & Steady, Soulful Vinyasa with Marcia  
5:45 to 7:15 PM - -Cost \$50  
TRE Class. Tension and Trauma release with Jess.  
NO class on Nov 11th

**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:** 6:00 to 7:00 AM  
Pilates with Francis  
9:00 to 10:00 AM  
Yin and Breath with Hanna

**Thursday:** 10:30 to 11:30 AM  
CIRCL 45 with Mayo

**Friday:** 9:00 to 10:00 AM  
Slow Flow with Hanna  
10:15 to 11:15 AM  
Pilates with Francis  
5:30 PM  
Latin Dance with Andrew

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

**UPDATE**

