

WEEKLY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM VINYASA YOGA (Joy)	8:00 AM DEEP FLOW YOGA (Alejandra)		8:00 AM DEEP FLOW YOGA (Alejandra)			9:15 - 10:30 AM COMMUNITY CLASS! HATHA SLOW YOGA (75 min / Lester)
9:30 AM GENTLE YOGA (Joy)	9:30 AM GENTLE YOGA (Joy)	9:30 AM GENTLE YOGA (Joy)	9:30 AM GENTLE YOGA (Joy)	9:30 AM GENTLE YOGA (Joy)	9:30 AM DEEP FLOW YOGA (Alejandra)	
10:45 - 11:30 AM GUIDED MEDITATION (45 min / Joy)	11:00 AM OVALO SCULPT (Oriana)	11:00 AM YIN YOGA (Scott)	11:00 AM OVALO SCULPT (Oriana)	11:00 AM VINYASA YOGA (Joy)	11:00 AM YIN YOGA (Scott)	
	12:30 PM TAI CHI (Mounir)		12:30 PM QI GONG & BREATHWORK (Mounir)	12:15 - 1:00 PM GUIDED MEDITATION (45 min / Joy)	WEEKLY CLASS PRICES <u>RESIDENTS: (of Chiriqui)</u> \$12 - Single Class \$10 - Class (5-class card: \$50) \$9 - Class (10-class card: \$90) <u>VISITORS:</u> \$15 - Single Class <u>HAVEN MEMBERS:</u> \$8 - Class <u>GUIDED MEDITATION:</u> \$5 - Class <u>COMMUNITY CLASS:</u> \$5 - Class or FREE for Haven Members!	
6:00 PM POWER YOGA (Oriana)		6:00 PM HATHA VINYASA YOGA (Oriana)		Want to know about our special classes & events? JOIN OUR WHATSAPP GROUP 		

WEEKLY CLASSES ARE CASH ONLY. Class Card available for Residents & Members ONLY. Resident Card must be used within 60-days of purchase; Member Card must be used within 1 year (w/ valid membership)

Reservations are not required. All classes are 60 minutes unless otherwise noted. Mats & props are available for your use, or you may bring your own.