

WEEKLY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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 / Joy)	
10:45 - 11:30 AM GUIDED MEDITATION (45 min / Joy)	11:00 AM OVALO SCULPT* (Oriana)	11:00 AM VINYASA YOGA (Joy)	11:00 AM OVALO SCULPT* (Oriana)	11:00 AM VINYASA YOGA (Joy)	11:00 AM COMMUNITY CLASS! YIN IN YOUR LIFE**** (Roberta)	
	12:30 PM TAI CHI FOUNDATIONS (Mounir)		12:30 PM TAI CHI MARTIAL PRACTICE (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	
4:30 PM STRENGTH UP (Candy)	5:30 PM STRENGTH UP (Candy)	4:30 PM STRENGTH UP (Candy)	5:30 PM STRENGTH UP (Candy)	<i>Want to know about our special classes & events?</i> JOIN OUR WHATSAPP GROUP 		
6:00 PM POWER YOGA* (Oriana)		6:00 PM HATHA VINYASA YOGA* (Oriana)				

* All Oriana's classes end on Dec 10; ** 8 am classes end on Nov 12; *** Alejandra teaches until Nov 7, then Joy teaches thru end of year; **** Yin in Your Life does not operate the last Saturday of each month.

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.