

# La Santé Fitness & Yoga Schedule

ORGANIC WELLNESS SPA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0800-0900	Morning Awakening Yoga (Beginner) -Hatha	Dynamic Stretching	Morning Awakening Yoga (Beginner) -Ashtanga	Morning Awakening Yoga (Beginner) -Sun Salute	Morning Awakening Yoga (Beginner) -Hatha	Morning Awakening Yoga (Beginner) - Classic Yoga	Morning Awakening Yoga (Beginner) -Sun Salute
0900-1000	Morning Awakening Yoga (Intermediate/Advance) -Hatha	Core & Balance	Morning Awakening Yoga (Intermediate/Advance) -Power Yoga	Morning Awakening Yoga (Intermediate/Advance) -Sun Salute	Morning Awakening Yoga (Intermediate / Advance) -Hatha	Morning Awakening Yoga (Intermediate/Advance) -Classic Yoga	Morning Awakening Yoga (Intermediate/Advance) -Sun Salute
1100-1200	Strength Circuit	Muay Thai	Metabolic Conditioning Training	Power Yoga	HIIT	Metabolic Conditioning Training	Fitness Combat
	Yoga Weight Loss		Yoga Detox		Pranayama Meditation	Ashtanga Yoga	Pranayama
1200-1300	Yoga Stretch		Vinyasa Flow		Classic Yoga	Gentle Yoga	
1500-1600	Fitness Trekking	Fitness Trekking	Fitness Trekking		Fitness Trekking	Fitness Trekking	Fitness Trekking
1600-1700	Fitness Combat	Hi-Lo Jam	HIIT	Yoga Nidra	Hi-Lo Jam	Muay Thai	Animal Flow
	Hatha Yoga						Gentle Yoga
1700-1800	Hatha Yoga (Advance)		Pranayama + Meditation	Core Yoga	Sun Salute	Hatha Yoga (Advance)	Pranayama + Meditation
1800-1900	Winding Down Session (Breathing + Meditation)	Winding Down Session (Stretch & Breathe)	Winding Down Session (Pranayama)	Winding Down Session (Vinyasa Flow)	Winding Down Session (Pranayama & Meditation)	Winding Down Session (Recharge Yoga)	Winding Down Session (Gentle Yoga)