

retreat

Yoga & Wellness Studio

Class Schedule:

	MON	TUES	WED	THUR	FRI	SAT	SUN
Grace Bay Studio							
	7 - 8am Hatha Yoga w/ David		7 - 8am Hatha Yoga w/ David		7 - 8am Hatha Yoga w/ David		
	9 - 10am Hot Power Vinyasa	9 - 10am Vinyasa	9 - 10am Gentle Flow	9 - 10am Vinyasa	9 - 10am Gentle Flow	9 - 10:30am Deep Power Flow	
		10:30 - 11:30am Restorative		10:30 - 11:30am Gentle Restorative			10:30 - 11:45am Sunday Flow w/ Ainara
					5 - 5:45pm Vinyasa w/Lizzie		
	5:15 - 6:15pm Gentle Flow		5:15 - 6:15pm Gentle Flow		6:00 - 7:00pm Gentle Restorative		
	6:30 - 7:45pm Hot Power Vinyasa	6:30 - 7:30pm Hatha Yoga w/ David	6:30 - 7:45pm Hot Power Vinyasa	6:30 - 7:30pm Hatha Yoga w/ David			
	MON	TUES	WED	THUR	FRI	SAT	SUN
*Beach Enclave Yoga Deck <small>*see directions below</small>	9 - 10am BE Flow (all level)	9 - 10am BE Flow (all level)	9 - 10am BE Flow (all level)	9 - 10am BE Flow (all level)	9 - 10am BE Flow (all level)	9 - 10am BE Flow (all level)	9 - 10am BE Flow (all level)

Pricing and Packages:

Single Session:	\$20.00	Includes Yoga Mat, towel and any yoga props needed.
Unlimited:	\$140.00	expires 30 days from first session. Includes ALL classes on schedule.
Weekly Unlimited:	\$100.00	expires 7 days from first session. Includes ALL classes on schedule.
10 Series Three:	\$150.00	expires 3 months from first session, valid for 10 classes, all classes on schedule.
*Special BE Series 10 Pack:	\$150.00	expires 3 months from first session, valid for 10 classes, all classes on Beach Enclave Schedule.
Beach Enclave Single Session:	\$25.00	Includes Yoga Mat, towel and any yoga props needed.

*Directions to Beach Enclave:

From Leeward Highway heading toward the airport, make a right on Cherokee Road (Scotiabank will be on the corner). Turn left on International Drive, and Beach Enclave will be on your right. Park on the road just past the main entrance gate, and you will find the small access gate that you may walk through. Follow the paved road up the hill to your left and you will see the Gym. The yoga deck is on the other side of the gym.

RETREAT YOGA & WELLNESS STUDIO - PORTS OF CALL - GRACE BAY - PROVIDENCIALES - TURKS & CAICOS ISLANDS

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