

# WEEKLY YOGA

## *Schedule*



MON

**8AM** - Hatha  
**5:30PM** - Vinyasa

TUE

**5:45AM** - Sunrise Yoga & Meditation  
**8AM** - Vinyasa  
**5:30PM** - Yin

WED

**8AM** - Hatha  
**5:30PM** - Vinyasa

THUR

**8AM** - Vinyasa  
**5:30PM** - Yin

FRI

**5:45AM** - Sunrise Yoga & Meditation  
**8AM** - Hatha  
**5:30PM** - Vinyasa

SAT

**8AM** - Vinyasa  
**5:30PM** - Hatha

SUN

**8AM** - Slow Flow  
**12PM** - Yin & Breathwork

START YOUR DAY WITH US

# Sunrise Yoga & Meditation Class

TUESDAYS & FRIDAYS

5:45 AM



HILLTOP  
WELLNESS RESORT

TAKE IT SLOW

**Slow Flow Yoga @ 8AM  
Yin & Breathwork @ 12PM**

**EVERY SUNDAY**



HILLTOP  
WELLNESS RESORT