

Weekly Yoga Schedule

by Rachel Brathen



Manchebo

Beach Resort & Spa
Aruba

Join us!

We would love to welcome you to our yoga lessons!

You can sign up and purchase your tickets for \$15 per class by the Manchebo Front Desk.

When participating we ask you to please bring a beach towel, wear comfortable clothing and please be on time.



Date	Time	Class	Where
Monday	8:00 am - 9:00 am 5:30 pm - 6:30 pm 7:00 pm - 8:30 pm	Morning Yoga Sunset Yoga Vinyasa Flow	Manchebo Pavilion Manchebo Manchebo Pavilion Beach !!
Tuesday	8:00 am - 9:00 am 10:30 am - 11:30 am	Morning Yoga Corepower Flow	Manchebo Pavilion Manchebo Pavilion
Wednesday	8:00 am - 9:00 am 5:30 pm - 6:30 pm 7:00 pm - 8:30 pm	Morning Yoga Sunset Yoga Vinyasa Flow	Manchebo Pavilion Manchebo Manchebo Pavilion Beach !!
Thursday	8:00 am - 9:00 am	Morning Yoga	Manchebo Pavilion
Friday	8:00 am - 9:00 am 3:00 pm - 4:00 pm	Morning Yoga Paddle Board Yoga	Manchebo Pavilion Vela Windsurf Center
Saturday	9:30 am - 10:30 am 3:00 pm - 4:00 pm	Corepower Flow Paddle Board Yoga	Manchebo Pavilion Vela Windsurf Center

For Paddle Yoga you are required to sign up and reserve your spot at: 749-0158

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