



MANCHEBO
BEACH RESORT & SPA ARUBA

Yoga & Pilates Schedule

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	Teacher	Where	Level
Monday	8:00 am - 9:00 am	Morning Vinyasa Yoga	Karina	Manchebo Pavilion	★
	6:00 pm - 7:00 pm	Yin Yoga	Andrea	Yoga Deck	★
Tuesday	8:00 am - 9:00 am	Morning Vinyasa Yoga	Dagmara	Manchebo Pavilion	★
	9:15 am - 10:15 am	Pilates	Barbara	Manchebo Pavilion	★
	6:00 pm - 7:00 pm	Sunset Yoga	Dagmara	Yoga Deck	★
Wednesday	8:00 am - 9:00 am	Morning Vinyasa Yoga	Dagmara	Manchebo Pavilion	★
	6:00 pm - 7:15 pm	Vinyasa Flow	Dagmara	Yoga Deck	★★
	8:00 pm - 9:00 pm	Pilates	Barbara	Yoga Deck	★
Thursday	8:00 am - 9:00 am	Morning Vinyasa Yoga	Karina	Manchebo Pavilion	★
	9:15 am - 10:15 am	Pilates	Barbara	Manchebo Pavilion	★
	6:00 pm - 7:00 pm	Sunset Yoga	Andrea	Yoga Deck	★
Friday	8:00 am - 9:00 am	Gentle Yoga Meditation	Leontine	Manchebo Pavilion	★
	9:15 am - 10:15 am	Theme based Yoga	Andrea	Manchebo Pavilion	★★
Saturday	8:15 am - 9:15 am	Pilates	Barbara	Manchebo Pavilion	★
	9:30 am - 10:30 am	Corepower Flow	Xavi/Andrea	Manchebo Pavilion	★★
Sunday	9:30 am - 10:30 am	Corepower Flow	Dagmara	Manchebo Pavilion	★★



@ Manchebo yoga aruba

Classes and times are subject to change. ★ Beginner ★★ Beginner/intermediate