



  
**M A N C H E B O**  
 BEACH RESORT & SPA  
 ARUBA

# Yoga & Pilates Schedule

You can sign up and purchase your tickets for \$15 per class by the Manchebo Front Desk. **All Levels Welcome!**  
 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
<b>Monday</b>	8:00 am - 9:00 am	Morning Vinyasa Yoga	Carina	Manchebo Pavilion	★
	6:30 pm - 7:30 pm	Yin Yoga	Carolien	Yoga Deck	★
<b>Tuesday</b>	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	★
<b>Wednesday</b>	8:00 am - 9:00 am	Morning Vinyasa Yoga	Dagmara	Manchebo Pavilion	★
	6:00 pm - 7:00 pm	Stretch & Release Yoga	Dagmara	Yoga Deck	★
	8:00 pm - 9:00 pm	Pilates	Barbara	Yoga Deck	★
<b>Thursday</b>	8:00 am - 9:00 am	Morning Vinyasa Yoga	Carina	Manchebo Pavilion	★
	9:15 am - 10:15 am	Pilates	Barbara	Manchebo Pavilion	★
	6:00 pm - 7:00 pm	Relax & Nourish Yoga	Andrea	Yoga Deck	★
<b>Friday</b>	8:00 am - 9:00 am	Gentle Meditation Yoga	Leontine	Manchebo Pavilion	★
<b>Saturday</b>	8:15 am - 9:15 am	Pilates	Barbara	Manchebo Pavilion	★
	9:30 am - 10:30 am	Vinyasa Flow	Andrea	Manchebo Pavilion	★★
<b>Sunday</b>	9:30 am - 10:30 am	CorePower Flow	Dagmara	Manchebo Pavilion	★★



@ Manchebo yoga aruba

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

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