



cinnamon yoga

monday

6:15PM
Tai Chi with Marlon
in the Studio

Tai chi for health aims to improve the quality of muscles and joints externally and to enhance the workings of the body's natural systems internally.

tuesday

9:30AM
Hatha/Yin Fusion with Pri
in the studio

All levels including restricted movement: A conditioning, strengthening and energy opening practice that incorporates balance, flow and solid core work for all levels.

wednesday

5:30PM
Yoga Dance Fusion with Pri
in the Studio

Yoga/dance class that merges different cultural dance-style workouts along with basic conditioning, strength, core and relaxation yoga practices.

thursday

9:30AM
Hatha/Core fusion with Pri
in the studio

Practice with Pilates core exercise elements to overall strengthen and condition major muscle groups while energizing cardiovascular health.

friday

8:15AM
Yin/Yang Yoga with May
on the deck

Experience strength, ease and tension release on our beautiful beach front deck. Ride the waves of the breath and move with a dance like flow from Asana to Asana.

saturday

9:00AM
Pilates with Lesley
in the studio

Develops strength, endurance, flexibility, coordination, balance and good posture.

5:00PM
Power Vinyasa Yoga with Marcia
in the studio

A powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements.

5:00PM
Sunset Salutation with Keisha
on the deck

Vinyasa flow class (all levels) with active Sun Salutation flows and a sun-setting systematic relaxation at the end.

10:30AM
Flow Yoga with May
in the studio

Experience strength, ease and tension release on our beautiful beach front deck. Ride the waves of the breath and move with a dance like flow from Asana to Asana.



mount  cinnamon

RESORT AND BEACH CLUB
GRAND ANSE BEACH, GRENADA, W.I.