

JULY

MONTHLY CALENDAR

PACIFICO
COASTAL LIVING

SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

LONGEV
STRETCHING LAB 3:00 pm
JIU JITSU LITTLE ONES 5:00pm
JIU JITSU FOR KIDS 5:40pm

LONGEV
ZUMBA CLASS 9:30am
FUNCTIONAL FITNESS 1:30pm
DANZA FOR KIDS (Ages 4-5) 4:00pm
DANZA FOR KIDS (Ages 6-8) 5:00pm
DANZA FOR KIDS (Ages 9-12) 6:00pm
MOBILITY & EMPOWERMENT 7:00pm

LONGEV
STRETCHING LAB 3:00 pm
JIU JITSU LITTLE ONES 5:00pm
JIU JITSU FOR KIDS 5:40pm

LONGEV
FUNCTIONAL FITNESS 1:30pm
DANZA FOR KIDS (Ages 4-5) 4:00pm
DANZA FOR KIDS (Ages 6-8) 5:00pm
DANZA FOR KIDS (Ages 9-12) 6:00pm

LONGEV
SOUND HEALING GROUP SESSIONS 1:30pm
SPECIAL BBQ 5:00pm ALMA SANTA
BEACH BASH CASA SELVITA EVENTS 6:00pm

LONGEV
SOCCER FOR KIDS 8:30am
FIRE & MUSIC
LIVE MUSIC SPECIAL MENU 5:00pm BEACH CLUB

LONGEV
STRETCHING LAB 3:00 pm
JIU JITSU LITTLE ONES 5:00pm
JIU JITSU FOR KIDS 5:40pm

LONGEV
ZUMBA CLASS 9:30am
FUNCTIONAL FITNESS 1:30pm
DANZA FOR KIDS (Ages 4-5) 4:00pm
DANZA FOR KIDS (Ages 6-8) 5:00pm
DANZA FOR KIDS (Ages 9-12) 6:00pm
MOBILITY & EMPOWERMENT 7:00pm

LONGEV
STRETCHING LAB 3:00 pm
JIU JITSU LITTLE ONES 5:00pm
JIU JITSU FOR KIDS 5:40pm

LONGEV
FUNCTIONAL FITNESS 1:30pm
DANZA FOR KIDS (Ages 4-5) 4:00pm
DANZA FOR KIDS (Ages 6-8) 5:00pm
DANZA FOR KIDS (Ages 9-12) 6:00pm
HOMEOWNERS EVENT 5:00pm - 6:00pm

LONGEV
SOUND HEALING GROUP SESSIONS 1:30pm
SPECIAL BBQ 5:00pm ALMA SANTA

LONGEV
SOCCER FOR KIDS 8:30am
FIRE & MUSIC
LIVE MUSIC SPECIAL MENU 5:00pm BEACH CLUB

LONGEV
STRETCHING LAB 3:00 pm
JIU JITSU LITTLE ONES 5:00pm
JIU JITSU FOR KIDS 5:40pm

LONGEV
ZUMBA CLASS 9:30am
FUNCTIONAL FITNESS 1:30pm
DANZA FOR KIDS (Ages 4-5) 4:00pm
DANZA FOR KIDS (Ages 6-8) 5:00pm
DANZA FOR KIDS (Ages 9-12) 6:00pm
MOBILITY & EMPOWERMENT 7:00pm

LONGEV
STRETCHING LAB 3:00 pm
JIU JITSU LITTLE ONES 5:00pm
JIU JITSU FOR KIDS 5:40pm

LONGEV
FUNCTIONAL FITNESS 1:30pm
DANZA FOR KIDS (Ages 4-5) 4:00pm
DANZA FOR KIDS (Ages 6-8) 5:00pm
DANZA FOR KIDS (Ages 9-12) 6:00pm

LONGEV
SOUND HEALING GROUP SESSIONS 1:30pm
SPECIAL BBQ 5:00pm ALMA SANTA
BEACH BASH CASA SELVITA EVENTS 6:00pm

LONGEV
SOCCER FOR KIDS 8:30am
FIRE & MUSIC
LIVE MUSIC SPECIAL MENU 5:00pm BEACH CLUB

LONGEV
STRETCHING LAB 3:00 pm
JIU JITSU LITTLE ONES 5:00pm
JIU JITSU FOR KIDS 5:40pm

LONGEV
ZUMBA CLASS 9:30am
FUNCTIONAL FITNESS 1:30pm
DANZA FOR KIDS (Ages 4-5) 4:00pm
DANZA FOR KIDS (Ages 6-8) 5:00pm
DANZA FOR KIDS (Ages 9-12) 6:00pm
MOBILITY & EMPOWERMENT 7:00pm

LONGEV
STRETCHING LAB 3:00 pm
JIU JITSU LITTLE ONES 5:00pm
JIU JITSU FOR KIDS 5:40pm
WINE TASTING Special Menu 6:00pm

LONGEV
FUNCTIONAL FITNESS 1:30pm
DANZA FOR KIDS (Ages 4-5) 4:00pm
DANZA FOR KIDS (Ages 6-8) 5:00pm
DANZA FOR KIDS (Ages 9-12) 6:00pm
THE ANNEXATION OF GUANACASTE. ALMA SANTA Special Promo

LONGEV
SOUND HEALING GROUP SESSIONS 1:30pm
SPECIAL BBQ 5:00pm ALMA SANTA

LONGEV
SOCCER FOR KIDS 8:30am
FIRE & MUSIC
LIVE MUSIC SPECIAL MENU 5:00pm BEACH CLUB

LONGEV
STRETCHING LAB 3:00 pm
JIU JITSU LITTLE ONES 5:00pm
JIU JITSU FOR KIDS 5:40pm

LONGEV
ZUMBA CLASS 9:30am
FUNCTIONAL FITNESS 1:30pm
DANZA FOR KIDS (Ages 4-5) 4:00pm
DANZA FOR KIDS (Ages 6-8) 5:00pm
DANZA FOR KIDS (Ages 9-12) 6:00pm
MOBILITY & EMPOWERMENT 7:00pm

LONGEV
STRETCHING LAB 3:00 pm
JIU JITSU LITTLE ONES 5:00pm
JIU JITSU FOR KIDS 5:40pm