

Monday

6:00-7:00 am	Warm Sunrise Yoga	Sara Mc	Drop In
9:00-10:15 am	Yoga Flow	Denise	Drop In
9:30-10:30 am	Hot Yin	Amanda	Drop In
10:45-12:00 pm	Hatha Beginner Yoga	Jeanette	Drop In
12:00-1:00 pm	Hot Yoga Flow	Jaya	Drop In
4:30-5:30 pm	Teen Power Yoga	Louise	Pre-Reg
4:30-5:30 pm	Hot Yoga Flow	Tina	Drop In
6:15-7:30 pm	Warm Yoga Core	Jaya	Drop In
7:30-9:00 pm	Hatha Flow Fusion	Megan	Drop In
8:00-9:15 pm	Hot Yin	Sara Mc	Drop In

Tuesday

6:00-7:00 am	Sunrise Yoga	Isabelle	Drop In
9:30-10:30 am	Hot Yoga Flow	Amanda	Drop In
9:30-10:45 am	Yoga Flow	Isabelle	Drop In
4:30-5:30 pm	Kids Yoga ages 9-12	Sara Mc	Pre-Reg
4:30-5:30 pm	Hot Yoga Flow	Andrew	Drop In
6:00-7:15 pm	Sattva Yoga	Andrew	Drop-in
6:00-7:15 pm	Warm Vinyasa	Denise	Drop In
7:30-9:00 pm	Yoga for Pregnancy	Sole	Pre-Reg
7:45-8:45 pm	Warm Yin	Amanda	Drop In

Wednesday

6:00-7:00 am	Warm Sunrise Yoga	Denise	Drop In
9:15-10:15 am	Hot Yoga Flow	Kevin	Drop In
9:30-11:00 am	Akhanda Yoga Flow	Leala	Drop In
12:00-1:00 pm	Hot Yoga Flow	Kevin	Drop In
1:00-2:15 pm	Gentle & Restorative	Jeanette	Drop In
4:30-5:30 pm	Hot Yoga Flow	TBD	Drop In
5:00-6:00 pm	Healing Hour	Sheena	Drop In
6:15-7:15 pm	Hot Hip Opening Yoga	Sheena	Drop In
6:15-7:30 pm	Akhanda Yoga Flow	Isabelle	Drop In
7:45-8:45 pm	Candlelight Yin	Isabelle	Drop In
7:45-8:45 pm	Hot Yoga Flow	Louise	Drop In
9:00-10:00 pm	Hot Yin	Louise	Drop In

Thursday

6:00-7:00 am	Sunrise Yoga	Denise	Drop In
9:00-10:00 am	Hot Yoga Flow	Jaya	Drop In
9:30-10:45 am	Akhanda Yoga Flow	Sole	Drop In
10:15-11:15 am	Hot Yin	Amanda	Drop In
11:00-12:00 pm	Mom & Baby Yoga	Sole	Pre-Reg
1:00-2:00 pm	Warm Yoga Flow	Jane	Drop in
1:00-2:00 pm	Kids Yoga 3-5yrs	Dawn	Pre-Reg
4:30-5:30 pm	Kids Yoga 6-9yrs	Dawn	Pre-Reg
4:30-5:30 pm	Hot Yoga Flow	Tina	Drop In
6:00-7:15 pm	Yoga for Pregnancy	Amanda	Pre-Reg
6:15-7:30 pm	Warm Yoga Flow	Megan	Drop In
7:30-9:00 pm	Akhanda Restorative Flow	Leala	Drop In
8:00-9:00 pm	Hot Hip Opening Yoga	Sara Mc	Drop In



WINTER SCHEDULE 2018

Friday

6:00-7:00 am	Warm Sunrise Yoga	Sheena	Drop In
9:30-10:45 am	Hot Yoga Flow	Sara Mc	Drop In
10-11:15 am	Yoga Flow	Isabelle	Drop In
12:00-1:00 pm	Hot Yoga Flow	Sara H	Drop In
12:00-1:00 pm	Healing Hour	Isabelle	Drop In
4:30-5:30 pm	Warm Yoga Flow	Denise	Drop In
6:00-7:15 pm	Warm Revitalize	Jane	Drop In
7:30-8:30 pm	Inspired Hot Flow	Sara Mc	Drop In

Saturday

7:45-8:45 am	Inspired Flow	Sara H	Drop In
9:00-10:15 am	Yoga Core	Sara H	Drop In
10:30-11:30 am	Hot Yoga Basics	Tania	Drop In
12:00-1:00 pm	Hot Yoga Flow	Sara Mc	Drop In
1:30-2:30 pm	Chinese Yoga - Jan. 27	Yan He	Pre-reg

Sunday

9:00-10:15 am	Akhanda Yoga Flow	Jane	Drop In
10:30-11:30 am	Hot Yoga Core	Tina	Drop In
11:45-12:45 pm	Warm Yoga Flow	Megan	Drop In
1:00-2:30 pm	Warm Yin Yoga	Amanda	Drop In
5:15-6:45 pm	Yoga BellyDance Fusion	Saskia	Pre-Reg
5:30-6:45 pm	Therapeutic Yoga	Colleen	Drop In
7:00-8:00 pm	Flow & Restore	Colleen	Drop In
7:30-8:45 pm	Hot Yoga Flow	Sara Mc	Drop In

Rates

Drop In	\$20	1 class
New Student Trial	\$49	1 month unlimited, must be purchased on first visit. Not available for kids or pre-reg classes.
10 Class Pass	\$149	12 month expiry
20 Class Pass	\$279	12 month expiry
Gold Membership	\$99 per month	6 month commitment, auto renewing. Unlimited classes. Freeze up to 30 days once within 6 months.
Silver Membership	\$79 per month	6 month commitment, auto renew. 8 classes per month. No freezing.
More pricing options available, ask for details. *prices do not include gst		

SCHEDULE SUBJECT TO CHANGE - SEE WEBSITE FOR UPDATES
Drop-in classes begin Jan 2, Pre-reg begin later, see website for dates.

Website: www.pranayogastudio.ca **Phone:** 780.761.2226 **Email:** yoga@pranayogastudio.ca
Location: 5611 199 Street, Edmonton, AB, T6M 0M8