

## Monday

6:00-7:00 am	Warm Sunrise Yoga	Kevin	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	TWEEN (11+)	Sara K	Pre-Reg
4:30-5:30 pm	Hot Yoga Flow	Tina	Drop In
6:00 -7:00 pm	Ball-asana	Denise	Pre-Reg
6:15-7:30 pm	Warm Yoga Core	Jaya	Drop In
7:30-8:45 pm	Power Flow	Denise	Drop In
8:00-9:15 pm	Hot Yin	Jaya	Drop In

## Tuesday

6:00-7:00 am	Sunrise Yoga	Charlotte	Drop In
9:30-10:30 am	Hot Yoga Flow	Andrew	Drop In
9:30-10:45 am	Yoga Flow	April	Drop In
4:30 - 5:30 pm	Kids ages 8-11	Louise	Pre-Reg
4:30-5:30 pm	Hot Yoga Flow	Sara K	Drop In
6:00-7:15 pm	Flow & Restore	Megan	Drop-in
6:00-7:15 pm	Warm Power Flow	Sara K	Drop In
7:30-8:45 pm	Yoga for Pregnancy	Charlotte	Pre-Reg
7:45-8:45 pm	Warm Yin	Amanda	Drop In

## Wednesday

6:00-7:00 am	Warm Sunrise Yoga	Sara K	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	Colleen	Drop In
4:30-5:30 pm	Hot Yoga Flow	Andrew	Drop In
5:00-6:00 pm	Yoga Nidra	Sheena	Drop In
6:15-7:15 pm	Warm Hip Opening Yoga	Sheena	Drop In
6:15-7:30 pm	Yoga Flow	April	Drop In
7:45-8:45 pm	Candlelight Yin	April	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	Akhanda Sunrise Yoga	Tania	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	Jaya	Drop In
11:00-12:00 pm	Mom & Baby Yoga	Sole	Pre-Reg
1:00- 2:00 pm	Kids ages 3-6	Tina M	Pre-Reg
1:00-2:00 pm	Warm Yoga Flow	Jane	Drop in
4:30-5:30 pm	Kids ages 6-9	Dawn	Pre-Reg
4:30-5:30 pm	Hot Yoga Flow	Kevin	Drop In
6:00-7:15 pm	Yoga for Pregnancy	Jen	Pre-Reg
6:15-7:30 pm	Warm SATTVA Yoga	Kevin	Drop In
7:30-9:00 pm	Akhanda Restorative Flow	Leala	Drop In
8:00-9:00 pm	Hot Hip Opening Yoga	Sara K	Drop In



## 2019 WINTER SCHEDULE

### Friday

6:00-7:00 am	Warm Sunrise Yoga	Sheena	Drop In
9:30-10:45 am	Hot Yoga Flow	Sara K	Drop In
10-11:15 am	Yoga Flow	Amanda	Drop In
12:00-1:00 pm	Hot Yoga Flow	Calyn	Drop In
12:00-1:00 pm	Yoga Nidra	Amanda	Drop In
4:30-5:30 pm	Warm Yoga Flow	Charlotte	Drop In
6:00-7:15 pm	Warm Revitalize	Tania	Drop In
7:30-8:30 pm	Inspired Hot Flow	Tania	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	Jane B	Drop In
1:30-2:45 pm	Warm Yin	Gayatri	Drop In

### Sunday

9:00-10:15 am	Akhanda Yoga Flow	Leala	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
5:30-6:45 pm	Gentle Beginner Yoga	Colleen	Drop In
7:00-8:00 pm	Flow & Restore	Colleen	Drop In
7:15-8:15 pm	Hot Yoga Flow	Sara K	Drop In
8:30-9:30 pm	Hot Yin	Sara K	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.		

SCHEDULE SUBJECT TO CHANGE - SEE WEBSITE FOR UPDATES

Website: [www.pranayogastudio.ca](http://www.pranayogastudio.ca) Phone: 780.761.2226 Email: [yoga@pranayogastudio.ca](mailto:yoga@pranayogastudio.ca)

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