

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 Flow & Yin	Amanda	Drop In
10:45-12:00 pm	Gentle & Restorative	Jeanette	Drop In
12:00-1:00 pm	Hot Dynamic Flow	Jaya	Drop In
4:30 - 5:30 pm	TWEEN ages 11-15	Sara K	Pre-Reg
4:30-5:30 pm	Hot Yoga Flow	Kevin	Drop In
6:00-7:00 pm	Intro to Meditation	Jennilee	Pre-Reg
6:00-7:15 pm	Warm Yoga Core	Sara K	Drop In
7:30-8:45 pm	Power Flow	Denise	Drop In
7:45-9:00 pm	Hot Yin	Sara K	Drop In

Tuesday

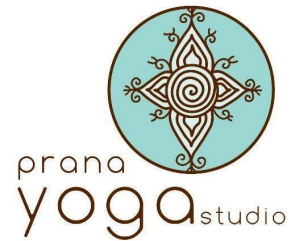
6:00-7:00 am	Sunrise Yoga	Isabelle	Drop In
9:00-10:00 am	Hot Yoga Flow	Andrew	Drop In
9:30-10:45 am	Yoga Flow	April	Drop In
1:00-2:00 pm	Warm Pranic Flow	Soledad	Drop In
4:30-5:30 pm	Hot Yoga Flow	Sara K	Drop In
6:00-7:15 pm	Yoga Basics	Megan	Drop-in
6:00-7:15 pm	Hot Yoga Core	Sara K	Drop In
7:30-8:30 pm	Yoga for Pregnancy	Calyn	Pre-Reg
7:45-8:45 pm	Warm Yin	Amanda	Drop In
9:00-10:00 pm	Warm Lunar Flow	Calyn	Drop In

Wednesday

6:00-7:00 am	Warm Sunrise Yoga	Sara K	Drop In
9:30-10:30 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	Isabelle	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	Jenilee	Pre-Reg
1:00-2:00 pm	Warm Pranic Flow	Jane M	Drop in
4:30-5:30 pm	Kids Yoga ages 6-10	Dawn	Pre-Reg
4:30-5:30 pm	Hot Yoga Flow	Jane B	Drop In
6:00-7:15 pm	Yoga for Pregnancy	Jen J	Pre-Reg
6:00-7:15 pm	Warm SATTVA Yoga	Kevin	Drop In
7:30-9:00 pm	Akhanda Restorative Flow	Leala	Drop In
7:45-8:45 pm	Hot Hip Opening Flow	Sara K	Drop In
9:00-10:00pm	Hot Yin	Tania	Drop In



2019 FALL SCHEDULE

Friday

6:00-7:00 am	Warm Sunrise Yoga	Sheena	Drop In
8:00-9:30 am	Kundalini Yoga	Isabelle	Pre-Reg
9:30-10:45 am	Hot Dynamic Flow	Sara K	Drop In
10:00-11:15 am	Pranic Flow	Amanda	Drop In
12:00-1:00 pm	Hot Freestyle Friday	Calyn	Drop In
12:00-1:00 pm	Yoga Nidra	Amanda	Drop In
4:30-5:30 pm	Warm Yoga Flow	Jennilee	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	Ashtanga Inspired	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	Jaya	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
1:15-2:30 pm	Warm Yin Yoga	Amanda	Drop In
6:00-7:00 pm	Yoga for Hips & Knees	Colleen	Pre-Reg
7:15-8:15 pm	Hot Yoga Flow	Jaya	Drop In
7:30-8:45 pm	Flow & Restore	Colleen	Drop In
8:30-9:30 pm	Hot Yin	Jaya	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/pre-reg classes.
10 Class Pass	\$149	12 month expiry
20 Class Pass	\$279	12 month expiry
Gold Membership	\$99/monthly	6 month commitment, auto renewing. Unlimited classes. Freeze up to 30 days once within 6 months.
Silver Membership	\$79/monthly	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

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