

## Monday

|                |                             |            |
|----------------|-----------------------------|------------|
| 9:15-10:15 am  | <b>Hot Power</b>            | Julie      |
| 10:45-11:45 am | <b>Warm Yin</b>             | Julie      |
| 12:00-1:00 pm  | <b>Gentle Hatha</b>         | Barbara    |
| 5:00-6:00 pm   | <b>Hatha Basics</b>         | Dawn-Marie |
| 6:15-7:15 pm   | <b>Hot Power Basics</b>     | Julie      |
| 7:30-8:30 pm   | <b>Warm Restorative Yin</b> | Julie      |

## Tuesday

|               |                              |              |
|---------------|------------------------------|--------------|
| 9:15-10:15 am | <b>Warm Iron Yoga</b>        | Julie        |
| 12:00-1:00 pm | <b>Hatha/Yin</b>             | Penny        |
| 5:00-6:00 pm  | <b>Warm Power All-Levels</b> | Julie        |
| 6:15-7:15 pm  | <b>Hatha Basics</b>          | Julie        |
| 7:30-8:30 pm  | <b>Yin</b>                   | Mary-Heather |

## Wednesday

|                |                          |         |
|----------------|--------------------------|---------|
| 9:15-10:15 am  | <b>Yin</b>               | Heather |
| 10:45-11:45 am | <b>Chair Yoga</b>        | Penny   |
| 12:00-1:00 pm  | <b>Warm Power Basics</b> | Bronwyn |
| 5:00-6:00 pm   | <b>Yin</b>               | Heather |
| 6:15-7:15 pm   | <b>Pre/Postnatal</b>     | Carley  |
| 7:30-8:30 pm   | <b>Hot Power</b>         | Heather |

## Thursday

|                |                           |              |
|----------------|---------------------------|--------------|
| 9:15-10:15 am  | <b>Power All Levels</b>   | Heather      |
| 10:45-11:45 am | <b>Hatha</b>              | Heather      |
| 12:00-1:00 pm  | <b>Restorative Yin</b>    | Cindi        |
| 5:30-6:30 pm   | <b>Hatha Basics</b>       | Mary-Heather |
| 6:45-7:45 pm   | <b>Hot Power Basics</b>   | Sarah        |
| 8:00-9:00 pm   | <b>Goodnight Warm Yin</b> | Tanya        |

## Friday

|                |                     |         |
|----------------|---------------------|---------|
| 9:15-10:15 am  | <b>Hatha Basics</b> | Barbara |
| 10:45-11:45 am | <b>Hot Power</b>    | Julie   |
| 12:00-1:00 pm  | <b>Warm Yin</b>     | Julie   |

## Saturday

|                |                     |         |
|----------------|---------------------|---------|
| 8:00-9:15 am   | <b>Hot Power</b>    | Heather |
| 9:45-10:45 am  | <b>Hatha Basics</b> | Heather |
| 11:00-12:00 am | <b>Yin</b>          | Julie   |

## Sunday

|                |                      |      |
|----------------|----------------------|------|
| 9:00-10:15 am  | <b>Hatha</b>         | Judy |
| 10:45-11:45 am | <b>Yoga Warriors</b> | Judy |