



# Winter 2018

Valid from  
Nov 27<sup>th</sup>-Feb 25<sup>th</sup>,  
2018

Day	Time	Class	Instructor
<b>Monday</b>	9:15-10:15 am	Hot Power	Julie
	10:45-11:45 am	Warm Yin	Julie
	12:00-1:00 pm	Gentle Hatha	Barbara
	5:00-6:00 pm	Hatha	Dawn-Marie
	6:15-7:15 pm	Hot Power Basics	Julie
	7:30-8:30 pm	Warm Restorative Yin	Julie
	<b>Tuesday</b>	9:15-10:15 am	Warm Iron Yoga
10:30-11:30 am		Chair Yoga	Penny
12:00-1:00 pm		Hatha/Yin	Penny
5:00-6:00 pm		Warm Power All Levels	Julie
6:15-7:15 pm		Hatha Basics	Julie
7:30-8:30 pm		Yin	Mary-Heather
<b>Wednesday</b>		9:15-10:15 am	Yin
	12:00-1:00 pm	Warm Hatha Flow	Angela
	1:30-2:30 pm	Yoga Warriors	Angela
	5:00-6:00 pm	Yin	Heather
	6:15-7:15 pm	Pre/Post natal	Carley
	7:30-8:30 pm	Hot Power	Heather
	<b>Thursday</b>	9:15-10:15 am	Power
10:45-11:45 am		Hatha	Heather
12:00-1:00 pm		Restorative Yin	Cindi
5:30-6:30 pm		Hatha All-Levels	Mary-Heather
6:45-7:45 pm		Hot Power Basics	Sarah
8:00-9:00 pm		Goodnight Warm Yin	Tanya
<b>Friday</b>		9:15-10:15 am	Hatha Basics
	10:45-11:45 am	Hot Power	Julie
	12:00-1:00 pm	Warm Yin	Julie
	5:30-6:30 pm	Friday Flow (Teen)	Carley
	7:00-8:00 pm	Blissful Meditation & Relaxation	Tessa Joy
	<b>Saturday</b>	8:00-9:15 am	Hot Power
9:45-10:45 am		Hatha Basics	Heather
11:00-12:00 am		Yin	Julie
<b>Sunday</b>	9:00-10:15 am	Hatha Basics	Tanya
	10:45-11:45 am	Hot Power Basics	Su
	1:00-2:15 pm	Gentle Hatha	Barbara
	4:30-5:30 pm	Hot Power	Ellen
	6:00-7:00 pm	Yoga Warriors	Angela
	7:15-8:15 pm	Yin & Meditation	Tessa Joy