



sunday	monday	tuesday	wednesday	thursday	friday	Saturday
			1	2	3	4
			YY 6:30 – 7:30 Lana S CF 12:00 – 1:00 Siobhan CC 40 Min Lunch Flow 1:15 – 1:55 Duncan A1 5:00-6:00 Juliana F1 6:30 – 7:45 Alyssa **YRM 8:15 – 9:15 Lauren	HF1 6:30 – 7:30 Joana F1 12:00 – 1:00 Siobhan AF 5:00 – 6:00 Alyssa DF 6:30 – 7:45 Juliana F1 8:15 – 9:15 Nat	LABO UR DAY WEEKEND H1 12:00 – 1:00 Britt H1 5:00 – 6:00 Alyssa YY 6:30 – 8:00 Kosu	LABOUR DAY WEEKEND H1 10:00 – 11:15 Lexi F1 12:00-1:00 Lexi
5	6	7	8	9	10	11
LABOUR DAY WEEKEND H1 10:00 – 11:15 Britt F1 12:00-1:00 Britt	LABOUR DAY WEEKEND H1 10 :00 – 11:00 Britt F1 12:00 – 1:00 Linda HF1 5:00-6:00 Joana	F1 6:30–7:30 Michael F1 12:00 – 1:00 Alyssa **V2 5:00-6:00 Joanne H1 6:30 – 7:45 Linda A2 8:15 – 9:30 Jonny	YY 6:30 – 7:30 Lana S CF 12:00 – 1:00 Siobhan CC 40 Min Lunch Flow 1:15 – 1:55 Duncan A1 5:00-6:00 Juliana F1 6:30 – 7:45 Britt **YRM 8:15 – 9:15 Lauren	HF1 6:30 – 7:30 Alyssa F1 12:00 – 1:00 Britt AF 5:00 – 6:00 Jennifer DF 6:30 – 7:45 Linda F1 8:15 – 9:15 Linda	H1 6:30 – 7:30 Jess TEACHER TRAINING WORKSHOP 9:00 – 5 :00 HF1 5:30 – 6:30 Britt YY 7:00 – 8:00 Kosu Friday Karma Class 8:30 – 9:30 Duncan	SF 7:00 – 8:15 Lana S TEACHER TRAINING WORKSHOP 9:00 – 5 :00 F1 5:30 – 6:30 Britt
12	13	14	15	16	17	18
TEACHER TRAINING WORKSHOP 9:00 – 5 :00 H1 5:30 – 6:30 Britt **YM 7:00 – 8:30 Kosu	JV 6:30–7:30 Lana S CC 9:30-10:30 Jenn G BBF 12:00 – 1:00 Linda CF 5:00-6:00 Linda F1 Music 6:30 – 7:45 Michael H1 8:15 – 9:15 Britt	F1 6:30–7:30 Linda F1 12:00 – 1:00 Michael **V2 5:00-6:00 Joanne H1 6:30 – 7:45 Linda A2 8:15 – 9:30 Jonny	YY 6:30 – 7:30 Lana S CF 12:00 – 1:00 Siobhan CC 40 Min Lunch Flow 1:15 – 1:55 Kacelyn A1 5:00-6:00 Juliana F1 6:30 – 7:45 Britt **YRM 8:15 – 9:15 Juliana	HF1 6:30 – 7:30 Joana F1 12:00 – 1:00 Britt AF 5:00 – 6:00 Alyssa DF 6:30 – 7:45 Linda F1 8:15 – 9:15 Nat	H1 6:30 – 7:30 Jess Pilates 9:30-10:45 Siobhan H1 12:00 – 1:00 Linda HF1 5:00 – 6:00 Linda YY 6:30 – 8:00 Kosu Friday Karma Class 8:30 – 9:30 Kacelyn	SF 8:00 – 9:15 Lana S H1 10 – 11:15 Lexi F1 12:00-1:00 Lexi Pilates 1:30-2:30 Siobhan CF 3:00 – 4:00 Linda F1 5:00 – 6:00 Britt
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26	27	28	29	30		
CC H1 8:00 -9:00 Jenn G H1 10:00 – 11:15 Nat F1 12:00-1:00 Linda A1 3:00 - 4:00 Jonny H1 5:30 – 6:30 Britt **YM 7:00 – 8:30 Lana S	JV 6:30–7:30 Lana S CC 9:30-10:30 Jen G BBF 12:00 – 1:00 Linda CF 5:00-6:00 Linda F1 Music 6:30 – 7:45 Michael H1 8:15 – 9:15 Lexi	F1 6:30–7:30 Linda F1 12:00 – 1:00 Jess **V2 5:00-6:00 Joanne H1 6:30 – 7:45 Nat A2 8:15 – 9:30 Jonny	YY 6:30 – 7:30 Lana S CF 12:00 – 1:00 Siobhan CC 40 Min Lunch Flow 1:15 – 1:55 Linda A1 5:00-6:00 Juliana F1 6:30 – 7:45 Jess **YRM 8:15 – 9:15 Lauren	HF1 6:30 – 7:30 Alyssa F1 12:00 – 1:00 Britt AF 5:00 – 6:00 Jennifer DF 6:30 – 7:45 Linda F1 8:15 – 9:15 Lexi		

F1 – Level 1 Flow Class, suitable for all levels incl. Sun Salutations and Downward Dog Flow / **A1 – Ashtanga** – a dynamic practice that improves cardiovascular fitness through Sun Salutations and standing poses, emphasis on building heat and focus through the breath / **CC Class – \$7 Class** - For beginners, to introduce students to iam Yoga flow classes, taught by teachers new to the studio / **CF – Core Flow** - Incorporates sun salutations and poses that strengthen the core, connected by downward dog flows, influenced by Pilates core work / **YRM – Yin/Restorative Yoga & Meditation Class** – Incorporating long holds, all poses practiced on the floor, designed to open and lengthen muscles and joints, end of class includes a 15 – 20 min guided meditation / **YY – Yin Yang Class** – 75 Min – 40 min flow and power flow sequences last 35 min Yin Practice / **H1 – Hatha** - suitable for students of all levels; we flow between poses without downward dog and sun salutations / **HF – Hatha Flow** – More sun salutations than a Hatha class, but less than a Flow class. / **V – Vinyasa** – Class links breath and movement, incl. more challenging flows, balancing postures and may include introduction to inversions / **JV – Jivamukti** - a vinyasa-style class, linking breath and movement with intention. Hands-on assists are used to guide you deeper into the poses. Along with the physical asanas, chanting, pranayama, and meditation are used to help to take your yoga beyond the physical practice. / **DF – Detox Flow** – Flow class with emphasis on twists and compression in poses in order to detoxify internal organs and improve circulation/ functioning of the lymphatic system. / **SF – Sutra Flow** – For all levels, begins with and ends with a 5-minute seated meditation and includes sun salutations. Emphasis on some aspect of the Yoga Sutras, on chakras and meridians throughout the flow sequence. / **BBF – Back Body Flow** – A flow class that improves strength and flexibility in the back body (lats, hamstrings, calves). / **AF – Acroflow** – For intermediate yoga students. Includes arm balances and inversions; a fun, dynamic class.

** Reduced Heat Classes – Classes are warm but not hot