

WEEKLY YOGA SCHEDULE

JANUARY 16TH - JANUARY 31ST

SPECIAL EVENTS



Surf Conditioning

SUNDAY, JANUARY 19TH
11 am - 1 pm
C\$1,099 / US\$30 per person

Holotropic Breathwork

TUESDAY, JANUARY 21ST
11 am - 1 pm
C\$1,465 / US\$40 per person

Sonic Movement

THURSDAY, JANUARY 23RD
10 am - 11 am
C\$1,831 / US\$50 per person

MONDAY 13TH	TUESDAY 14TH	WEDNESDAY 15TH	THURSDAY 16TH	FRIDAY 17TH	SATURDAY 18TH	SUNDAY 19TH
			Pilates 8 AM	Vinyasa 9 AM	Flexibility and Flow 8 AM — Vinyasa 10 AM	Body Mechanics Yoga 9 AM
MONDAY 20TH	TUESDAY 21ST	WEDNESDAY 22ND	THURSDAY 23RD	FRIDAY 24TH	SATURDAY 25TH	SUNDAY 26TH
Slow Flow 9 AM	Pilates 8 AM	Vinyasa 9 AM	Pilates 8 AM	Vinyasa 9 AM	Flexibility and Flow 8 AM — Vinyasa 10 AM	Body Mechanics Yoga 9 AM — Hand and Arm Balance 11 AM
MONDAY 27TH	TUESDAY 28TH	WEDNESDAY 29TH	THURSDAY 30TH	FRIDAY 31ST	SATURDAY 1ST	SUNDAY 2ND
Slow Flow 9 AM	Pilates 8 AM	Vinyasa 9 AM	Pilates 8 AM	Vinyasa 9 AM		

DROP IN CLASS - C\$916 / US\$25 EACH

PRIVATE CLASSES ARE - C\$2,930 / US\$80 FOR 2 PEOPLE

C\$732 / US\$20 PER PERSON AFTER THE INITIAL C\$2,930 / US\$80 FEE

IF YOU ARE AN OWNER ASK ABOUT OUR 10-CLASS PACKAGE

ALL CLASSES WELCOME ALL LEVELS OF YOGIS.

