

WEEKLY YOGA SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------|-----------------|-----------------|-----------------|-------------------|-----------------|-------------------|
| Slow Flow 9 AM | Pilates 9 AM | Vinyasa 9 AM | Pilates 9 AM | Slow Flow 9 AM | Vinyasa 9 AM | Yoga Core 9 AM |

SLOW FLOW

A slower-paced flow linking breath & movement.

VINYASA YOGA

A dynamic flow that syncs breath and movement, creating fluidity in the mind and body.

YOGA CORE

A dynamic class that blends yoga with core-focused movement to support posture, balance, and stability.

DROP IN CLASS C\$919 / 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.

