



YOGA TRIAL SCHEDULE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK #1

6:10-7:00 AM

YOGA FIT (VINYASA)

RISE AND SHINE HATHA

12:10-12:55 PM

YOGA FIT (VINYASA)

NOON-HOUR HATHA

5:00-6:00PM

YIN YOGA

WEEK #2

6:10-7:00 AM

GOOD MORNING HIPS! (HATHA)

MORNING YIN

12:10-12:55 PM

NOON YIN

NOON REST AND RESTORE
(RESTORATIVE YOGA)

HAPPY HIPS (HATHA)

5:00-6:00PM

RESTORATIVE YOGA

NOTE: ALL CLASSES ARE LOCATED IN THE RECREATION CENTRE STUDIO! PARTICIPANTS ARE WELCOME TO BRING THEIR OWN EQUIPMENT.