

BREATHE YOGA IN BLOOR WEST VILLAGE

Schedule For Pre-Registered and Drop-In Classes

DAY / TIME	CLASS	TEACHER
MONDAY		
6:15 - 7:30 pm	Yoga Basics 1 for Absolute Beginners PR ¹	Stephanie
7:30 - 9:00	Yoga for Skiers PR ¹	Emma
9:15 - 10:15	Late Nite Yoga PR ¹	Jules
TUESDAY		
10:00 - 11:30 am	Vinyasa Flow	Norah
1:00 - 2:15 pm	Mom n' Baby Post Natal Yoga PR ¹	Cindy
4:30 - 5:30	Yoga for Tweens PR ¹	Meghan
6:00 - 7:15	Vinyasa Flow	Tracey ²
7:30 - 8:45	Pre Natal Yoga PR ¹	Tracey ²
WEDNESDAY		
6:00 - 7:15	Yoga for Healthy Backs PR ¹	Michael
7:30 - 9:00	Yoga for Stiff Men PR ¹	Michael
THURSDAY		
10:00 - 11:30 am	Vinyasa Flow	Norah
7:30 - 9:00	 Yoga for Runners™ 8 week Intro Series PR ¹	Christine
FRIDAY		
11:00 - 12:30 pm	Restorative Yoga	Tracey ²
SATURDAY		
9:00 - 10:15 am	Family Yoga PR ¹	Andrea R
11:45 - 1:15 pm	Yoga Basics 1 for Absolute Beginners PR ¹	Melissa
1:30 - 3:00	Yoga Basics 2 for Beginners PR ¹	Melissa

1 Pre Registration (PR) required. Drop Ins are welcome when space allows. Please call 416.926.9642 to inquire.

2 This teacher is pre-natal trained. Pregnant women may attend the class but should inform the teacher of their pregnancy.