

BREATHE YOGA IN THE JUNCTION

Schedule For Pre-Registered and Drop-In Classes

SUN STUDIO ☀️				MOON STUDIO 🌙		
DAY / TIME	CLASS	LEVEL	TEACHER	CLASS	LEVEL	TEACHER
MONDAY						
6:00 - 8:00 am Doors open at 5:30 am	Mysore	All	Sheldon			
9:30 - 11:00	Ashtanga	All	Leslie			
11:00 - 12:30 pm				Gentle Yoga	All	Margot
4:45 - 6:00	Hot Flow	All	Meghan			
6:00 - 7:15				Flow & Restore	1	Andrea P2
6:15 - 7:15	Hot Flow	All	Meghan			
7:30 - 9:00	Ashtanga	Beginner	Andrea P2	Athlete Flow	All	Laurisa
TUESDAY						
6:30 - 7:45 am	Ashtanga Primary Series	2	Christine			
10:00 - 11:30	Vinyasa Flow	All	Leslie			
12:15 - 1:15	Hot Flow	1 - 2	Svitlana			
1:00 - 2:30				Iyengar	1 - 2	Ernie
4:45 - 6:00	Hot Yin	All	Ali			
6:15 - 7:25	Vinyasa Flow	1 - 2	Sheldon	Ashtanga	Beginner	Meghan
7:30 - 8:45	Hot Yin	All	Ali			
WEDNESDAY						
6:00 - 8:00 am Doors open at 5:30 am	Mysore	All	Sheldon			
9:30 - 10:45	Vinyasa Flow	All	Leslie	Mom n' Tots PR ¹		Cindy
11:00 - 12:30 pm				Restorative Yoga	All	Tracey ²
1:00 - 2:15				Mom n' Baby Post Natal PR ¹		Tracey ²
4:45 - 5:50	Hot Flow	All	Meghan			
6:00 - 7:30	Ashtanga	1 - 2	Christine			
6:15 - 7:30				Yoga Basics PR ¹		Norah
7:45 - 9:00	🌀 Yoga for Runners™	All	Christine	Vinyasa Flow	All	Norah
THURSDAY						
6:00 - 8:00 am Doors open at 5:30 am	Mysore	All	Sheldon			
10:00 - 11:30	Ashtanga	1	Leslie			
12:15 - 1:15 pm	Hot Flow	All	Amica			
4:45 - 6:00	Hot Flow	All	Meghan			
6:15 - 7:30	Ashtanga	Beginner	Sheldon	Ashtanga	2	Amica
7:45 - 9:00	Hot Flow	All	Meghan	Pre Natal PR ¹		Tracey ²
FRIDAY						
6:30 - 7:45 am	Ashtanga Primary Series	2	Laurie/Sheldon			
9:15 - 10:45	Ashtanga	1	Christine			
11:00 - 12:30 pm				Iyengar	1	Ernie
12:00 - 1:15	Hot Flow	All	Norah			
4:45 - 6:00	Hot Flow	1 - 2	Chrys			
6:15 - 7:30	Unwind & Restore	All	Tracey ²			
6:15 - 8:15 Last Friday of each month only.	Unwind & Restore More ³	All	Tracey ²	Master Class ³	1	Various Senior Teachers
SATURDAY						
8:15 - 10:00 am	Vinyasa Groove	2	Sheldon			
9:00 - 10:15				Pre Natal PR ¹	All	Cindy
10:15 - 11:45	Ashtanga	1	Andrea P2			
12:15 - 1:30	Hot Flow	All	Meghan	Ashtanga	Beginner	Andrea P2
2:00 - 3:15	Yoga Basics 1 PR ¹	Absolute Beginner	Andrea P2	KIDS YOGA 5+ PR ¹	All	Andrea R
4:00 - 5:15	Hot Athlete Flow	All	Christine/Laurisa			
SUNDAY						
8:30 - 10:00	Ashtanga	1	Christine			
10:15 - 12:00 pm teacher arrives at 10:30	Intro to Mysore PR ¹	All	TBA			
12:00 - 1:30				Unwind & Restore Yoga	All	Margot
1:00 - 2:15	Hot Flow	All	Chrys			
3:15 - 4:30	Ashtanga	All	Suz	Karma Yoga - By donation (suggested min \$10)	All	Yoga Teacher Trainees
4:45 - 6:00	Hot Yin Yoga	All	Suz			

1 Pre Registration (PR) required.

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

3 This 2 hour workshop has special pricing in effect.