



	M	T	W	Th	F	Sat	Sun
6:00–7:00	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro		
6:30–7:30	YHot	YHot	YHot	YHot	YHot		
7:00–8:00	Core	Core	Core	Core	Core	YHot	YHot
7:45–8:45	YHot	YHot	YHot	YHot	YHot		
8:15–9:15	Flow	Flow	Flow	Flow	Flow	Flow	Flow
8:30–9:45						YHot	YHot
9:30–11:00	Bliss Hips	Hatha	Hatha	Hatha	Hatha	Hatha	Hatha
9:45–10:45	Pilates	Pilates	Pilates Intermediate	Pilates	Pilates	Pilates	Pilates
10:00–11:30	Power	Anusara Intermediate	Power	Anusara	Power	Power	Power Advanced
12:00–12:45	YHot	YHot	YHot	YHot	YHot	YHot	YHot
12:00–1:00	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint
12:15–1:15	Flow	Flow	Flow	Flow	Flow	Flow (75 min)	Beginner Flow (75 min)
1:00–2:15	YHot	YHot	YHot	YHot	YHot	YHot	YHot
2:00–3:30		Restorative		Restorative			
2:30–3:30	Flow by donation		Flow by donation				
2:30–3:45	Power Intermediate	Power	Power	Power	Power Intermediate	Power	Power
4:00–5:00	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint	Beginner YRide	YRide Sprint
4:00–5:15	Power	Power	Bliss Hips	Beginner Power	Power	Power	Power
4:15–5:45	Anusara Intermediate	Anusara	Anusara Intermediate	Anusara	Bliss Hips	Beginner Anusara	Anusara Intermediate
5:15–6:15	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro
5:30–6:30	YHot	YHot	YHot	YHot	YHot	YHot	YHot
6:00–7:30	Flow	Flow	Flow	Flow	Flow	Ashtanga	Flow
6:45–7:45	Pilates	Pilates Intermediate	Pilates	Pilates	Pilates	Pilates	Pilates
6:45–8:00	Power	Power	Power	Power	Beginner Power	Power Intermediate	Power
7:45–9:00	Yin	Yin	Yin	Yin	Yin	Yin (90 min)	Yin (90 min)
8:15–9:15	YHot	YHot	YHot	YHot	YHot	YHot	YHot
8:15–9:15	YRide Sprint	YRide Enduro	YRide Sprint	YRide Enduro	YRide Sprint		
9:15–10:15	Flow Candlelight	Flow Candlelight	Flow Candlelight	Flow Candlelight	Flow Candlelight		
9:30–10:30	YHot	YHot	YHot	YHot	YHot	YHot	YHot

class descriptions

Hatha

A gentle practice where poses are introduced at a slow pace in order to gain correct posture alignment. Ideal for beginners and all levels.

Ashtanga

An exploration of movement and breath in a set series of postures inspired by Sri K. Pattaghi Jois. It is a dynamic and flowing form of yoga that builds heat in the body and is the traditional foundation for all Flow and Power classes. All Levels.

Flow

A faster paced class that uses a sequence of breath-synchronized movements to transition between poses. All levels.

Anusara

Created by John Friend, this class weaves precise principles of alignment with energetic poses while honouring the connection of mind, body & spirit. All levels.

Bliss Hips

This class focuses on vital hip exploration through different forms of yoga (i.e. hatha, anusara, power). Release tension from your work week by releasing tension in your hips. All levels.

Power

An energetic flow class heated to 32°C that builds on intensity and stamina to build flexibility, strength and core stability. Beginners will be challenged; all levels.

YHot

Following the YYoga hot sequence of static postures, the room is heated to 40°C for deep stretching and a detoxifying sweat. Ideal for beginners and all levels.

YRide

Conscious Cardio! An innovative cardiovascular workout that strengthens, lengthens and tones the body by integrating indoor cycling with yoga. All levels

ENDURO: A steady ride with hill climbs to build strength and endurance.
SPRINT: Fast bursts and powerful climbs to build speed and stamina.

Core

Non-impact movements that focus on core stability, strength and coordination. Beginners will be challenged; all levels.

Pilates

Tone and align from the inside out while increasing range of motion, and re-balancing the entire body. Ideal for beginners; all levels.

Yin

This meditative slow-paced class focuses on passive, long stretches. Ideal for beginners; all levels.

Restorative

A gentle practice with long, supported poses using props. Therapeutic and relaxing, this class is ideal for those recovering from injuries or illness, as well as those looking to relax and unwind. All levels.

Please note that schedule is subject to change. See website for current daily schedules.

Schedule effective July 5th