



class descriptions

Flow

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

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.

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.

Kundalini

Energizing combination of movements for the spine, dynamic breathing techniques, visualization and chanting to purify your body. 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.

Yin

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

Kids

Fun and imaginative, this class helps children build strength, flexibility, coordination and concentration through basic postures and games. Ages 4-11.

	M	T	W	Th	F	Sat	Sun
6:00 – 7:00	Power	YHot	Power	YHot	Power		
7:15 – 8:15	YHot		YHot		YHot		
8:00 – 9:00						YHot	YHot
9:15 – 10:30	Flow	Flow	Flow	Flow	Flow	Flow	Flow
10:45 – 11:45	Pilates	Pilates	Pilates	Pilates	Pilates	Core	Pilates
12:00 – 1:00	YHot	Power	YHot	Power	YHot	YHot	Kids YHot
2:00 – 3:15						Hatha	Hatha
4:00 – 5:15	Power	Power	Beginner Power	Power	Power	Beginner Power	Power
5:00 – 6:15	Hatha	Pilates (60 min)	Hatha	Kundalini	Hatha	Kundalini	Hatha
5:30 – 6:45	YHot	YHot	YHot	YHot	YHot	YHot	YHot
6:30 – 7:30	Core	Hatha (75 min)	Core	Pilates	Core	Pilates	Restorative (75 min)
7:00 – 8:15	Power	Power	Power	Power			
8:00 – 9:15	Yin	Yin	Yin	Yin	Yin	Yin	Yin
8:30 – 9:30	YHot	YHot	YHot	YHot	YHot	YHot	YHot

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

Schedule effective July 5th

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