

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.

Anusara – New!

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

Yin

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

| | M | T | W | Th | F | Sat | Sun |
|-------------|---------|--------------------|---------------|--------------------|---------|--------------------|---------------|
| 6:00–7:00 | Power | YHot | Power | YHot | Power | | |
| 7:15–8:30 | YHot | Power | YHot | Power | YHot | | |
| 8:00–9:30 | | | | | | Power | YHot |
| 9:15–10:15 | Pilates | Core | Pilates | Core | Pilates | Pilates | Pilates |
| 9:30–11:00 | Flow | Flow | YHot | Flow | Flow | | |
| 10:00–11:30 | | | | | | YHot | Flow |
| 10:30–11:45 | Hatha | Hatha Intermediate | Hatha | Hatha Intermediate | Hatha | Hatha Intermediate | Hatha |
| 12:00–1:00 | Power | Power | Power | Power | Power | Beginner Power | Power |
| 1:30–2:45 | | YHot | | YHot | | | |
| 4:00–5:00 | Flow | Pilates | Beginner Flow | Pilates | Flow | YHot (75 min) | Flow (75 min) |
| 4:30–5:30 | Pilates | Core | Pilates | Core | Pilates | Core | Pilates |
| 5:30–6:45 | YHot | Flow | YHot | Flow | YHot | Power | YHot |
| 6:00–7:15 | Anusara | Anusara | Anusara | Anusara | Anusara | Anusara | Anusara |
| 7:00–8:30 | Power | YHot | Power | YHot | Power | YHot | Power |
| 7:30–8:30 | Core | Pilates | Core | Pilates | Core | Yin by donation | Yin |
| 8:45–10:00 | Yin | Yin | Yin | Yin | | | |
| 9:00–10:00 | YHot | YHot | YHot | YHot | | | |