

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
6:00 AM							
6:30 AM							
7:00 AM		6:15 - 7:15AM YHOT with Jen Dibnah		6:15 - 7:15AM YHOT with Jen Dibnah			
7:30 AM							
8:00 AM							
8:30 AM	8:00 - 9:00AM YHOT with Geneva Frampton	8:00 - 9:00AM POWER with Rose Joly	8:00 - 9:00AM YHOT with Emily Krilanovich	8:00 - 9:00AM POWER with Aaliya Noorani	8:00 - 9:00AM YHOT with Eryn Krieger	8:00 - 9:00AM FLOW with Anna Gouin	8:00 - 9:00AM FLOW with Nada Naraghi
9:00 AM						8:30 - 9:30AM YHOT with Mira Barrett McBride	8:30 - 9:30AM YHOT with Lyndsey Carr
9:30 AM		9:15 - 10:15AM HATHA with Jane Hill	9:15 - 10:15AM PILATES FUSION with Rose Joly	9:15 - 10:15AM HATHA with Jane Hill	9:15 - 10:15AM PILATES FUSION with Kate Gillespie	9:15 - 10:15AM HATHA with Eryn Krieger	9:30 - 10:30AM PILATES FUSION with Lyndsey Carr
10:00 AM	9:30 - 10:30AM POWER with Shawna Katzinger	9:30 - 10:30AM YHOT with Aaliya Noorani	9:30 - 10:30AM POWER Teacher TBA	9:30 - 10:30AM YHOT with Aaliya Noorani	9:30 - 10:30AM POWER with Lyndsey Carr	9:30 - 10:30AM PILATES FUSION with Kris Aggerholm	9:30 - 10:30AM PILATES FUSION Teacher TBA
10:30 AM						10:00 - 11:00AM POWER with Lyndsey Carr	10:00 - 11:00AM POWER with Lyndsey Carr
11:00 AM		10:45 - 11:45AM PILATES FUSION with Kate Gillespie	10:45 - 11:45AM GENTLE HATHA with Rebecca Hollingworth	10:45 - 11:45AM PILATES FUSION with Emily Krilanovich	10:45 - 11:45AM GENTLE HATHA with Niloofar Rahimi	10:45 - 11:45AM PILATES FUSION with Lisa Skidmore	11:00 - 12:00PM HATHA with Lyndsey Carr
11:30 AM						11:00 - 12:00PM HATHA with Anna Goulin	11:00 - 12:00PM HATHA with Niloofar Rahimi
12:00 PM						11:30 - 12:30PM YHOT with Lyndsey Carr	11:30 - 12:30PM YHOT with Geneva Frampton
12:30 PM	12:00 - 1:00PM YHOT with Hannah Sim	12:00 - 1:00PM YHOT with Helia Yekta	12:00 - 1:00PM YHOT with Katrina Chan	12:00 - 1:00PM YHOT with Helia Yekta	12:00 - 1:00PM YHOT with Katrina Chan	12:00 - 1:00PM YHOT with Lyndsey Carr	12:30 - 1:30PM YIN with Katie Clark
1:00 PM	12:15 - 1:15PM FLOW with Erica Thomas	12:15 - 1:15PM FLOW with Rebecca Hollingworth	12:15 - 1:15PM FLOW with Neda Naraghi	12:15 - 1:15PM FLOW with Erica Thomas	12:15 - 1:15PM FLOW with Lyndsey Carr	12:30 - 1:30PM YIN with Catrina Casperson	12:30 - 1:30PM YIN with Katie Clark
1:30 PM							
2:00 PM						1:00 - 2:00PM POWER with Neda Naraghi	1:00 - 2:00PM POWER Teacher TBA
4:00 PM							
4:30 PM		4:00 - 5:00PM HATHA with Aaliya Noorani	4:00 - 5:00PM FLOW with Neda Naraghi	4:00 - 5:00PM HATHA with Samira Seyedan	4:00 - 5:00PM FLOW with Neda Naraghi	4:00 - 5:00PM HATHA with Samira Seyedan	4:30 - 5:30PM POWER Teacher TBA
5:00 PM	4:30 - 5:30PM POWER Teacher TBA	4:30 - 5:30PM YHOT with Geneva Frampton	4:30 - 5:30PM POWER with Guillaume Jeon	4:30 - 5:30PM YHOT Sherry Adams	4:30 - 5:30PM POWER with Ethan Lingerfelt	4:30 - 5:30PM POWER with Crystal Rainbow Borrelli	4:30 - 5:30PM POWER Teacher TBA
5:30 PM							
6:00 PM		5:30 - 6:30PM YSCULPT with Lisa Skidmore	5:30 - 6:30PM HATHA with Samira Seyedan	5:30 - 6:30PM YSCULPT with Lisa Skidmore	5:30 - 6:30PM HATHA with Morin Gougain	5:30 - 6:30PM PILATES FUSION with Laurie Smith	5:30 - 6:30PM HATHA with Samira Seyedan
6:30 PM	6:00 - 7:00PM YHOT with Sherry Adams	6:00 - 7:00PM POWER with Shawna Katzinger	6:00 - 7:00PM YHOT with Peter Trenouth	6:00 - 7:00PM POWER with Nara Henderson	6:00 - 7:00PM YHOT with Peter Trenouth	6:00 - 7:00PM YHOT with Geneva Frampton	6:00 - 7:00PM YHOT with Mira Barrett McBride
7:00 PM							
7:30 PM		7:00 - 8:00PM FLOW with Samira Seyedan	7:00 - 8:00PM YIN (WITH SOUNDBOWLS) with Rebecca Lee Henderson	7:00 - 8:00PM FLOW with Samira Seyedan	7:00 - 8:00PM YIN & MEDITATION with Rebecca Lee Henderson	7:00 - 8:00PM FLOW with Ethan Lingerfelt	7:00 - 8:00PM YIN with Shelby MacDonald
8:00 PM	7:30 - 8:30PM YHOT with Lyndsey Carr	7:30 - 8:30PM YHOT with Peter Trenouth	7:30 - 8:30PM YHOT with Lyndsey Carr	7:30 - 8:30PM YHOT with Nara Henderson	7:30 - 8:30PM YHOT with Laurie Smith	7:00 - 8:00PM YIN with Glenda Savage	7:30 - 8:30PM YHOT with Mira Barrett McBride
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

Class schedule is subject to change. Please refer to yyoga.ca for the opening schedule.