

Jaya Yoga Centre

www.jayayoga.ca

Class Schedule

info@jayayoga.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Hatha Yoga All Levels!</p> <p>10:00—11:15a</p> <p>Anu</p>	<p>Hatha Yoga Level 2</p> <p>10:00—11:15a</p> <p>Victoria</p>	<p>Hatha Yoga Level 1</p> <p>10:00—11:15a</p> <p>Jessica</p>	<p>Hatha Yoga Level 2</p> <p>10:00-11:15a</p> <p>Anu</p>	<p>Hatha Yoga Level 1</p> <p>10:00—11:15a</p> <p>Anu</p>	<p>Hatha Yoga Level 2</p> <p>9:00—10:00a</p> <p>Victoria</p>	<p>Hatha Yoga Level 2</p> <p>9:00—10:00a</p> <p>Leanne</p>
<p>Monday</p> <p>Aug. 6th</p>					<p>Hatha Yoga Level 1</p> <p>10:30—11:30a</p> <p>Victoria</p>	<p>Hatha Yoga Level 1</p> <p>10:30—11:30a</p> <p>Leanne</p>
	<p>Hatha Yoga Level 1 & 2 mix</p> <p>5:00—6:00pm</p> <p>Anu</p>	<p>Hatha Yoga Level 1 & 2 mix</p> <p>5:00—6:00p</p> <p>Anu</p>	<p>Hatha Yoga Level 1</p> <p>(alignment focus & adjustments)</p> <p>5:00—6:00p Tatjana</p>		<p>Saturday</p> <p>Aug 4th</p>	<p>Sunday</p> <p>Aug 5th</p>
	<p>Yoga-lates!</p> <p>(Pre-register class and drop in available)</p> <p>6:30 - 7:30p</p> <p>Anu</p>	<p>Hatha Yoga Level 2</p> <p>6:30—7:30p</p> <p>Leanne</p>	<p>Pre-natal Yoga</p> <p>(pre-register class and drop in available)</p> <p>6:30—7:30p</p> <p>Tatjana</p>	<p>Hatha Yoga Level 1 & 2</p> <p>6:30—7:30p</p> <p>Jieza</p>		
	<p>Vinyasa Flow!</p> <p>8:00 - 9:00p</p> <p>Jieza</p>	<p>Restorative Yoga</p> <p>8:00—9:00p</p> <p>Leanne</p>	<p>Restorative Yoga</p> <p>8:00—9:00p</p> <p>Tatjana</p>			