

# Jaya Yoga Centre

## Class Schedule

www.jayayoga.ca

info@jayayoga.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hatha Yoga Level 1 10:00—11:00a Anu	Hatha Yoga Level 1 10:00—11:00a Jieza	Hatha Yoga Level 1 10:00—11:00a Jieza	Hatha Yoga Level 1 10:00—11:00a Anu	Hatha Yoga Level 1 10:00—11:00a Anu		Jaya Meditation Members only <b>COMING SOON!</b> TBA Jacqualine
CHAIR Yoga (Pre-reg & drop in) <b>COMING SOON!</b> TBA Anu						Breathe to Heal! Breath work class! 07:30-08:15aa Jacqualine
Hatha Yoga Level 1 (Lounge music) 5:30—6:30p Jacqualine	All Levels Hatha Yoga 5:30—6:30pm Anu	Hatha Yoga Level 2 (Lounge Music) 5:30—6:30p Jacqualine	Yoga Basics & Fundamentals 5:30—6:30p Tatjana		Hatha Yoga Level 2 08:30—09:30a TBA	Hatha Yoga Level 1 08:30—09:30 Jieza
Hatha Yoga Level 2 (Lounge music) 6:45—7:45p Jacqualine	Yoga-lates! 6:45 - 7:45p Anu	Hatha Yoga Level 1 6:45—7:45p Jieza	Pre-natal Yoga (Pre-reg or drop in only) 6:45—7:45p	All Levels Hatha Yoga 6:45—7:45p TBA	Hatha Yoga Level 1 09:45 —10:45a TBA	Hatha Yoga Level 2 09:45—10:45a Jieza
Stress Relief Guided Nap & Reiki 8:00—9:00p Jacqualine	Shake off Tuesday! Yoga Dance 8:00—9:00p Jacqualine	Hip—Hop Hatha Flow Class All Levels! 8:00—9:00p Jieza	Restorative Yoga 8:00—9:00p Tatjana		New Class Coming TBA! <b>Stay Tuned!</b>	Restorative Yoga 11:00—12:00p Jieza