

Jaya Yoga Centre

www.jayayoga.ca

Class Schedule

info@jayayoga.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Hatha Yoga Level 2 9:00—10:00a Jessica	Hatha Yoga Level 2 9:00—10:00a Jiexa
Hatha Yoga Level 1 10:00—11:15a Jieza/Jacqualine	Hatha Yoga Level 1 10:00—11:00a Jieza	Hatha Yoga Level 1 10:00—11:15a Jieza	Hatha Yoga Level 1 10:00—11:00a Janet	Hatha Yoga Level 1 10:00—11:15a Jacqualine	Hatha Yoga Level 1 10:30—11:30a Jessica	Hatha Yoga Level 1 10:30—11:30a Jieza
Hatha Yoga Level 2 5:00—6:00p Jacqualine	Hatha Yoga Level 1 & 2 mix 5:00—6:00pm Jacqualine		Hatha Yoga Level 1 (alignment focus & adjustments) 5:00—6:00p Tatjana			
Hatha Yoga Level 1 6:30—7:30p Jacqualine	Yoga-lates! 6:30 - 7:30p Heather	Hatha Yoga Level 2 6:30—7:30p Jieza	Pre-natal Yoga (pre-register class and drop in available) 6:30—7:30p Tatjana	Hatha Yoga Level 1 & 2 6:30—7:30p Jieza		
Restorative Yoga 8:00—9:00p		Restorative Yoga 8:00—9:00p Jieza	Restorative Yoga 8:00—9:00p Tatjana			