

Jaya Yoga Centre

www.jayayoga.ca

Class Schedule

info@jayayoga.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hatha Yoga Level 1 10:00—11:15a Anu	Hatha Yoga Level 1 10:00—11:15a Elise	Hatha Yoga Level 1 10:00—11:15a Jessica	Hatha Yoga Level 1 10:00—11:00a Anu	Hatha Yoga Level 1 10:00—11:15a Anu	Hatha Yoga Level 2 9:00—10:00a Victoria	Hatha Yoga Level 2 9:00—10:00a Jacqualine
					Hatha Yoga Level 1 10:30—11:30a Victoria	Hatha Yoga Level 1 10:30—11:30a Elise
Hatha Yoga Level 2 5:00—6:00p Matthew	Hatha Yoga Level 1 & 2 mix 5:00—6:00pm Anu	Hatha Yoga Level 1 & 2 mix 5:00—6:00p Anu	Hatha Yoga Level 1 (alignment focus & adjustments) 5:00—6:00p Tatjana			
Hatha Yoga Candle-lit class Level 1 6:30—7:30p Matthew	Yoga-lates! (Pre-register class and drop in available) 6:30 - 7:30p Anu	Hatha Yoga Level 2 6:30—7:30p Jessica	Pre-natal Yoga (pre-register class and drop in available) 6:30—7:30p Tatjana	Hatha Yoga Level 1 & 2 6:30—7:30p Heather	Hatha Yoga Level 2 & 3 mix 5:00—6:00p Heather	Hatha Yoga Level 1 & 2 mix 5:00—6:00p Heather
Restorative Yoga 8:00—9:00p Tatjana	Restorative Yoga 8:00 - 9:00p Matthew	Restorative Yoga 8:00—9:00p Jessica	Restorative Yoga 8:00—9:00p Tatjana			Community Meditation By donation class \$5 suggested min Last Sunday of every month 7:00—8:00p Jacqualine