

Jaya Yoga Centre

www.jayayoga.ca

Class Schedule

info@jayayoga.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>New Class Starts Nov. 6th!</p> <p>Ashtanga Yoga 8:15—9:30a Sequoia</p>	<p>NEW CLASS!</p> <p>Vinyasa Flow!</p> <p>8:30—9:30a</p> <p>Jieza</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>Hatha Yoga Level 1</p> <p>10:00—11:15a</p> <p>Anu</p>	<p>Hatha Yoga Level 1</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 1</p> <p>10:00—11:00a</p> <p>Anu</p>	<p>Hatha Yoga Level 1</p> <p>10:00—11:15a</p> <p>Anu</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 2</p> <p>5:00—6:00p</p> <p>Victoria</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</p> <p>Tatjana</p>			
<p>Hatha Yoga Level 1</p> <p>6:30—7:30p</p> <p>Victoria</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>Jieza</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>Restorative Yoga</p> <p>8:00—9:00p</p> <p>Victoria</p>	<p>No class!</p>	<p>Restorative Yoga</p> <p>8:00—9:00p</p> <p>Jieza</p>	<p>Restorative Yoga</p> <p>8:00—9:00p</p> <p>Tatjana</p>			