

# Jaya Yoga Centre

www.jayayoga.ca

## Class Schedule

info@jayayoga.ca

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