

Jaya Yoga Centre

www.jayayoga.ca

Class Schedule

info@jayayoga.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p style="text-align: center;">All Levels Yoga Everyone welcome</p> <p style="text-align: center;">10:00—11:15a</p> <p style="text-align: center;">Anu</p>	<p style="text-align: center;">Hatha Yoga Level 2</p> <p style="text-align: center;">10:00—11:15a</p> <p style="text-align: center;">Victoria</p>	<p style="text-align: center;">Hatha Yoga Level 1</p> <p style="text-align: center;">10:00—11:15a</p> <p style="text-align: center;">Jessica</p>	<p style="text-align: center;">Hatha Yoga Level 2</p> <p style="text-align: center;">10:00-11:15a</p> <p style="text-align: center;">Anu</p>	<p style="text-align: center;">Hatha Yoga Level 1</p> <p style="text-align: center;">10:00—11:15a</p> <p style="text-align: center;">Anu</p>	<p style="text-align: center;">Hatha Yoga Level 2</p> <p style="text-align: center;">9:00—10:00a</p> <p style="text-align: center;">Victoria</p>	<p style="text-align: center;">Hatha Yoga Level 2</p> <p style="text-align: center;">9:00—10:00a</p> <p style="text-align: center;">Leanne</p>
<p style="text-align: center;">Monday Sept 3rd</p> <p style="text-align: center;">Only class for the day</p>					<p style="text-align: center;">Hatha Yoga Level 1</p> <p style="text-align: center;">10:30—11:30a</p> <p style="text-align: center;">Victoria</p>	<p style="text-align: center;">Hatha Yoga Level 1</p> <p style="text-align: center;">10:30—11:30a</p> <p style="text-align: center;">Leanne</p>
	<p style="text-align: center;">Hatha Yoga Level 1 & 2 mix</p> <p style="text-align: center;">5:00—6:00pm</p> <p style="text-align: center;">Anu</p>	<p style="text-align: center;">Hatha Yoga Level 1 & 2 mix</p> <p style="text-align: center;">5:00—6:00p</p> <p style="text-align: center;">Anu</p>	<p style="text-align: center;">Hatha Yoga Level 1</p> <p style="text-align: center;">(alignment focus & adjustments)</p> <p style="text-align: center;">5:00—6:00p Tatjana</p>		<p style="text-align: center;">Saturday Sept. 1st</p>	<p style="text-align: center;">Sunday Sept. 2nd</p>
	<p style="text-align: center;">Yoga-lates! (Pre-register class and drop in available)</p> <p style="text-align: center;">6:30 - 7:30p</p> <p style="text-align: center;">Anu</p>	<p style="text-align: center;">Hatha Yoga Level 2</p> <p style="text-align: center;">6:30—7:30p</p> <p style="text-align: center;">Leanne</p>	<p style="text-align: center;">Pre-natal Yoga (pre-register class and drop in available)</p> <p style="text-align: center;">6:30—7:30p</p> <p style="text-align: center;">Tatjana</p>	<p style="text-align: center;">Hatha Yoga Level 1 & 2</p> <p style="text-align: center;">6:30—7:30p</p> <p style="text-align: center;">Jieza</p>		
	<p style="text-align: center;">Vinyasa Flow!</p> <p style="text-align: center;">8:00 - 9:00p</p> <p style="text-align: center;">Jieza</p>	<p style="text-align: center;">Restorative Yoga</p> <p style="text-align: center;">8:00—9:00p</p> <p style="text-align: center;">Leanne</p>	<p style="text-align: center;">Restorative Yoga</p> <p style="text-align: center;">8:00—9:00p</p> <p style="text-align: center;">Tatjana</p>			