

# 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 2 10:00—11:15a Victoria	Hatha Yoga Level 1 10:00—11:15a Jessica	Hatha Yoga Level 2 10:00-11:15a 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 Leanne
					Hatha Yoga Level 1 10:30—11:30a Victoria	Hatha Yoga Level 1 10:30—11:30a Leanne
Hatha Yoga Level 2 5:00—6:00p Victoria	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 Level 1 6:30—7:30p Victoria	Yoga-lates! (Pre-register class and drop in available) 6:30 - 7:30p Anu	Hatha Yoga Level 2 6:30—7:30p Leanne	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	Yin Yoga 5:00—6:00p Heather <b>Last class June 30 Resumes Sept. 1st</b>	Hatha Yoga Level 1 & 2 mix 5:00—6:00p Heather
Restorative Yoga 8:00—9:00p Victoria	Vinyasa Flow! 8:00 - 9:00p Jieza	Restorative Yoga 8:00—9:00p Leanne	Restorative Yoga 8:00—9:00p Tatjana			Community Meditation 7:00—8:00p Jacqueline  <b>Last class June 24th Resumes Sept. 30th</b>