

Jaya Yoga Centre

www.jayayoga.ca

Class Schedule

info@jayayoga.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hatha Yoga All Levels Class! 10:00—11:15a	Hatha Yoga Level 1 10:00—11:15a Victoria	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	Sunday October 7th Closed! No classes on for the day!
Monday October 8th					Hatha Yoga Level 1 10:30—11:30a	
	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		Saturday October 6th	
	Yoga-lates! (Pre-register class and drop in available) 6:30 - 7:30p Anu	Hatha Yoga Level 2 6:30—7:30p Jieza	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		
	Vinyasa Flow 8:00 - 9:00p Jieza	Restorative Yoga 8:00—9:00p Jieza	Restorative Yoga 8:00—9:00p Tatjana			