

Jaya Yoga Centre

Class Schedule

www.jayayoga.ca

info@jayayoga.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hatha Flow Level 1 10:00—11:15a Anu	Hatha Flow Level 1 10:00—11:00a Jieza	Hatha Flow Level 1 10:00—11:15a Jieza	Hatha Flow Level 1 10:00—11:00a Anu	Hatha Flow Level 1 10:00—11:15a Anu	Hatha Flow Level 2 08:30—09:30a Jacqualine	Hatha Flow Level 1 08:30—09:30 Jieza
					Hatha Flow Level 1 09:45 —10:45a Jacqualine	Hatha Flow Level 2 09:45—10:45a Jieza
Hatha Flow Level 1 5:30—6:30p Tanya Playlist !	Hatha Flow All Levels 5:30—6:30pm Anu	Yoga-Lates 5:30—6:30p Anu	Yoga Basics & Fundamentals 5:30—6:30p Tatjana		Pre-Natal Yoga (Pre-reg & drop in) 11:00—12:00pm	Restorative Yoga 11:00—12:00p Jieza
Hatha Flow Level 2 6:45—7:45p Tanya Playlist !	Yoga-lates! 6:45 - 7:45p Anu	Hatha Flow Level 1 6:45—7:45p Eszter	Hatha Flow Level 2 6:45—7:45p Eszter			
Stress Relief Restorative Yoga & Reiki 8:00—9:00p Tanya	Ecstatic Yoga Dance 8:00—9:00p Marda Move as you wish!	Hatha Flow All Levels Class! 8:00—9:00p Eszter (hip-hop playlist)	Restorative Yoga 8:00—9:00p Eszter			Community Guided Meditation Last Sunday of every month 7:00—8:00p Jacqualine