



# Yoga Schedule

Class size is limited at this time. Covid Protocols must be followed. PRE-registration required:

Yoga classes = maximum 6 per class.

TRX, BALL & Yoga classes = maximum 4 per class.

Updated Dec 20, 2020 | For exceptions/updates see online schedule: [www.heaven-onearth.ca/yoga-classes](http://www.heaven-onearth.ca/yoga-classes)

Time	Monday	Tuesday	Wednesday	Thursday	Saturday
Morning Classes					
8:00-8:30					TRX, Ball & Yoga with Karen  Fitness/yoga experience recommended
8:30-9:00					
9:00-9:30		Hatha Basics with Kim  For all Levels		TRX, Ball & Yoga with Karen  Fitness experience recommended	
9:30-10:00					
10:00-10:30					
Evening Classes					
6:00-6:30			Heaven Hatha Yoga with Karen  For beginners and up	Gentle Flow & Rest Yoga with Trish  A gentle class for all levels	
6:30-7:00					
7:00-7:30					
7:30-8:00	Hatha Yoga with Kim  For all Levels		Hatha Basics with Kim  For beginners and up	Yin Yoga with Don  Deep stretch for new beginners/all levels	
8:00-8:30					

## Yoga Package Fees

Packages:	60-Minute Yoga:	60-Min Friday TRX, BALL & Yoga:	90-Min Sunday TRX, BALL & Yoga:
<b>6-Week Series</b>	\$90	\$110	\$120

Updated Terms & Conditions During Covid-19: 4- and 6-Class Packages are to be used up within the period you committed to attending when you purchased the package. At this time, students may not attend and make-up classes in other time slots. No transfers/refunds. Schedule/fees may be subject to change.

**Live your best life. Do yoga.**

Heaven on Earth & Integrated Health – Osteopathy Yoga Wellness, 188 Green Mountain Rd E, Stoney Creek, ON L8J 3A4

[www.heaven-onearth.ca](http://www.heaven-onearth.ca) | [admin@heaven-onearth.ca](mailto:admin@heaven-onearth.ca) | 905.664.9099