Yoga Schedule

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

Updated Mar 1, 2021
For exceptions/updates see online schedule: www.heaven-onearth.ca/yoga-classes

Time	Monday	Tuesday	Wednesday	Friday	Sunday
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 *Resuming Feb 23rd!*		**TRX, Ball & Yoga with Karen** Fitness experience recommended *Tentative: Starts May 14th!*	
9:30-10:00					
10:00-10:30					
Evening Classes					
6:00-6:30			**Heaven Hatha Yoga with Karen** For beginners and up *Tentative: Starts May 12th!*	**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 *Resuming Feb 24th!*	**Yin Yoga with Don** Deep stretch for new beginners/all levels *Starts May 4th!*	
8:00-8:30					

Yoga Package Fees		
Packages:	**60-Minute Yoga:**	**60-Min Friday TRX, BALL & Yoga:**
6-Week Series	$100	$120

Updated Terms & Conditions During Covid-19: Class Packages are to be used up within the period you committed to attending when you purchased the package. During Covid, 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.

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