



Yoga & TRX Schedule

Spring-Summer

Updated May 10, 2026

For exceptions and holidays visit: heaven-onearth.ca/yoga-trx-classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 AM					TRX, Ball & Yoga with Karen	Yoga Flow with Kim
10:30-11:30 AM	TRX, Ball & Yoga with Karen				Gentle Flow & Rest with Trish	
4:00-5:00 PM			Gentle Flow & Rest with Trish			
5:30-6:30 PM			Slow Yoga, Ball & TRX with Karen			
6:00-7:00 PM	TRX & Yoga with Don	Last class May 19 th with Trish		Yin Yoga with Don		
7:30-8:30 PM	Yoga Flow with Kim					

Class Fees including HST				
Class Description:	Single Class:	2-Classes:	5-Classes:	10-Classes:
Yoga:	\$30		\$100	\$180
TRX Ball Yoga	\$30		\$120	\$220

Payment for Don, Kim, Trish's classes in cash only directly to them.
 Payment for Karen's classes by e-transfer to admin@heaven-onearth.ca
Terms & Conditions: Class Packages are to be used up within the period you committed to attending when you purchased the package. 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 | admin@heaven-onearth.ca | 905.664.9099 (land line only, not textable)