



# Yoga Schedule

Updated Sept 14, 2023

For class dates and exceptions visit: [www.heaven-onearth.ca/yoga-classes](http://www.heaven-onearth.ca/yoga-classes)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 AM		<b>Hatha Basics</b> with Kim <i>For all Levels</i>			<b>TRX, Ball &amp; Yoga</b> with Karen <i>Core conditioning</i>
10:30-11:30 AM	<b>TRX, Ball &amp; Yoga</b> with Karen <i>Core conditioning</i>				
4:00-5:00 PM			<b>Gentle Flow &amp; Rest</b> with Trish <i>For all Levels</i>		
6:00-7:00 PM	TRX & Yoga with Don <i>Resumes Oct 23</i>		Yin Yoga with Don <i>Resumes Oct 25</i>		
7:30-8:30 PM	<b>Hatha Basics</b> with Kim <i>For all Levels</i>				

Class Fees including HST		
5-Class Pack:	Yoga: \$100	TRX, BALL & Yoga: \$120
10-Class Pack:	Yoga: \$180	TRX, BALL & Yoga: \$220
Single Class:	\$30	
<small>Terms &amp; 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.</small>		

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

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