



Winter Yoga Schedule

Starts January 2024

Updated Sep 23, 2023

For class dates and exceptions visit: www.heaven-onearth.ca/yoga-trx-classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 AM		Hatha Basics with Kim			TRX, Ball & Yoga with Karen
10:30-11:30 AM	TRX & Yoga with Karen				
4:00-5:00 PM			Gentle Flow & Rest with Trish		
5:30-6:30 PM			TRX & Yoga with Karen		
6:00-7:00 PM	TRX & Yoga with Don				
7:00-8:00 PM			Yin Yoga with Don		
7:30-8:30 PM	Hatha Basics with Kim				

Class Fees including HST		
Single Class:	5-Class Pack:	10-Class Pack:
\$30	Yoga: \$100 TRX, BALL & Yoga: \$120	Yoga: \$180 TRX, BALL & Yoga: \$220
<small>Terms & Conditions: 5 Class Packages are to be used up within 7 weeks; 10 Class Packages within 14 weeks. No transfers/refunds. Schedule/fees may be subject to change.</small>		

Live your best life. Do yoga.

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

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