



Yoga & TRX Schedule

Ongoing

Updated Dec 20, 2025

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			TRX, Ball & Yoga with Karen & Therapeutic Yoga 2 nd & 4 th Wednesdays.			
6:00-7:00 PM	TRX & Yoga with Don	Restorative 3 rd Tue Monthly 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
Therapeutic Stretch or Therapeutic Stretch Monthly	\$35	\$60	\$125	Incl w/TRX 10-Cl

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.

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