



# Yoga Schedule

## Ongoing

Updated Jan 29, 2025

For exceptions and holidays visit: [heaven-onearth.ca/yoga-trx-classes](http://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, Ball & Yoga with Karen				Gentle Flow & Rest with Trish Feb 7th
4:00-5:00 PM			Gentle Flow & Rest with Trish		
5:30-6:30 PM			TRX, Ball & Yoga with Karen <i>exc. Therapeutic Stretch</i>		
6:00-7:00 PM	TRX & Yoga with Don			Yin Yoga with Don	
7:00-8:00 PM					
7:30-8:30 PM	Hatha Basics 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 Restorative Monthly	\$35	\$60	\$140	

Payment for Don, Kim, or Trish's classes are in cash only. Payment for Karen's classes is in cash or by e-transfer to [admin@heaven-onearth.ca](mailto: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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