

# HARBOURFRONT

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
10:00 – 11:15	Flow	Hatha	Flow	Hatha	Yin	Hatha	
10:45 – 11:45						YHot	
11:30 – 12:45						Yin	
12:00 – 1:00		YHot		YHot	Power	Power (75)	
3:00 – 4:00							Hatha
4:15 – 5:15							Power
5:30 – 6:30	Flow		Flow		Flow		YHot
5:45 – 6:45	YHot	YSculpt	YHot	YSculpt	YHot		
6:45 – 7:45	Hatha	Hatha	Hatha	Hatha			Warm Yin (75)
7:00 – 8:15	Power	Power	Power	Power	Yin & Meditation		
8:00 – 9:15	Yin		Restorative				

# QUEEN STREET WEST

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:45 – 7:30	YRide				YRide		
7:00 – 8:00	Power	YHot	Power	YHot	Power		
9:30 – 10:30						YHot	YHot
10:00 – 10:45						YRide	YRide
10:00 – 11:15						Flow	Flow
10:30 – 11:30	Power	Hatha	Intermediate Power (75)	Hatha	Power		
10:45 – 12:00						Power	Intermediate Power
11:15 – 12:00						YFit	
12:00 – 12:50	YHot	YHot	YHot	YHot	YHot		
12:00 – 1:00	Flow	Flow	Flow	Flow	Flow		
12:15 – 1:00	YFit	YRide	YFit	YRide	YFit	YHot (60)	YHot (60)
12:15 – 1:30						Hatha	Hatha
1:15 – 2:15	Core Fusion		Core Fusion				
4:00 – 4:45						YRide	YRide
4:00 – 5:00							Hatha
4:15 – 5:30						Power	Power
4:30 – 5:30	Power				Power		
5:00 – 6:15	Hatha	Flow	Hatha	Flow	Hatha	Hatha	
5:15 – 6:00	YRide		YRide		YRide		
5:15 – 6:30							Escents Aromatherapy Yin
5:45 – 6:45	YHot	YHot	YHot	YHot	YHot	YHot	YHot
6:15 – 7:00	YFit	YFit	YFit	YFit			
6:30 – 7:30	Flow	Hatha	Flow	Hatha			
7:15 – 8:00	YRide	YRide	YRide	YRide			
7:00 – 8:00	Power	Power (75)	Power	Power (75)			
7:45 – 9:00	Restorative	Yin & Meditation (90)	Restorative	Yin & Meditation (90)			
8:15 – 9:15	YHot		YHot				
8:30 – 9:20		YHot		YHot			

\*Schedule in effect January 8, 2018. Please note that schedule is subject to change. See [yyoga.ca](http://yyoga.ca) for current daily schedules.

