

HIGHGATE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:30 – 7:30					YHot <i>6 Sessions Starting June 8</i>		
9:00 – 10:30						Power	Flow
9:15 – 10:30	Flow	Flow	Flow	Flow	Flow	Hatha	Hatha
10:45 – 11:45	Pilates Fusion	Restorative (75)	Pilates Fusion	Restorative (75)	Pilates Fusion	Pilates Fusion	Pilates Fusion
12:15 – 1:15	YHot	YSculpt	YHot	YSculpt	YHot	YHot	YHot
1:30 – 3:00						Yin & Meditation	Restorative
3:15 – 4:15						Flow	Power
4:30 – 5:45						YHot	YHot
5:15 – 6:15	YHot	YHot	YHot	YHot	YHot (90)		
5:30 – 6:30	Flow	Flow	Flow	Flow	Flow		
6:30 – 7:15	YSculpt	Core Fusion	YSculpt	Core Fusion			
6:45 – 7:45	Hatha	Hatha	Hatha	Hatha	Yin & Meditation (75)		
7:30 – 8:45	Power	Power	Power	Power			
8:00 – 9:15	Restorative	Yin	Restorative	Yin			
9:00 – 10:00	YHot	YHot	YHot	YHot			

*Schedule in effect June 1, 2018. Please note that schedule is subject to change. See yyoga.ca for current daily schedules.