

## PARK ROYAL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:45 – 9:45						YHot	YHot
9:30 – 10:45	Hatha	Gentle Hatha	Hatha	Gentle Hatha	Hatha	Hatha	Hatha
10:00 – 11:15	Power	Floor Barre (60)	Power	Floor Barre (60)	Power	Power	Power
11:00– 12:00						Pilates Fusion	Pilates Fusion
11:30– 12:30						YHot	YHot
12:00 – 1:00	Flow	Hatha	Flow	Hatha	Flow		
12:15 – 1:15	YHot	Power	YHot	Power	YHot	Flow	
12:45 – 1:45						Floor Barre	Power (75)
4:15 – 5:30						Hatha	Gentle Hatha
4:30 – 5:30	Power	YHot	Power	YHot	Power	Power (75)	Power (75)
5:30 – 6:30	Hatha	Hatha	Hatha	Hatha	Hatha		
5:45 – 6:45	YHot	Power	YHot	Power	YHot		
6:00 – 7:00						YHot	YHot
6:15 – 7:30							Escentis Aromatherapy Yin
6:45 – 7:45	Flow	Flow	Flow	Flow			
7:00 – 8:00	Pilates Fusion	YSculpt	YSculpt	YSculpt			
8:00 – 9:15	Yin & Meditation	Yin	Yin & Meditation	Yin			
8:15 – 9:15	YHot	YHot	YHot	YHot			

## NORTHSHORE ELEMENTS

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 – 7:00	Power	YHot	Power	YHot	Power		
8:00 – 9:15						Power	YHot
8:15 – 9:15						YRide	YRide
8:30 – 9:30						Pilates	
9:15 – 10:15	Pilates Fusion	Core Fusion	Pilates Fusion	Core Fusion	Pilates Fusion		
9:30 – 10:45	Flow	Flow (90)	Flow	Flow (90)	Flow	YHot (60)	Power (60)
9:45 – 10:45						Flow	Hatha
10:00 – 11:00	YRide (45)	YRide	YRide (45)	YRide	YRide (45)		
10:15 – 11:15						YRide	YRide
10:30 – 11:45	Gentle Hatha	Hatha	Gentle Hatha	Hatha	Gentle Hatha		
10:45– 11:45						Floor Barre	Pilates Fusion
11:00 – 12:15						Gentle Hatha	Flow
12:00 – 12:45		YRide		YRide		Power (75)	YHot (75)
12:15 – 1:15	Power	YHot	Power	YHot	Power		
1:30 – 2:30	YHot	Power (75)	YHot	Power (75)	YHot		
4:00 – 5:15						Power	Power
4:15 – 5:15	Power	YHot	Power	YHot	Power		
4:30 – 5:45	Hatha	Hatha	Hatha	Hatha	Hatha	Hatha	Hatha
5:30 – 6:45	YHot	Flow	YHot	Flow	YHot	YHot (60)	YHot (60)
5:45 – 6:30	YRide	YRide	YRide (60)	YRide	YRide		
6:00 – 7:00	Pilates Fusion	Pilates	Pilates Fusion	Pilates	Core Fusion		Yin & Meditation (75)
6:45 – 8:00						Escentis Aromatherapy Yin	Power
7:00 – 8:15	Power	YHot	Power	YHot			
7:15 – 8:30	Hatha	Hatha	Hatha	Hatha	Yin & Meditation		
8:30 – 9:30	YHot	Power (75)	YHot	Power (75)			
8:45 – 10:00	Yin	Yin & Meditation	Yin	Yin & Meditation			

\*Schedule in effect October 1, 2018. Please note that schedule is subject to change.  
See [yyoga.ca](http://yyoga.ca) for current daily schedules.

