

# RICHMOND OLYMPIC OVAL

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

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