



YOGA LIGHT STUDIO – In-studio + Online classes

- Classes marked with an asterisk (*) are also livestreamed & available online.
- Classes in red are hot or warm. All other classes are non-heated.
- Please see notes below – all classes require registration online – no drop-ins.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 am						*Power Vinyasa-2/3 Hot Lauren	Vinyasa Core – 2/3 Hot Amanda
9:30 am	*Power Vinyasa-2 Hot Amanda Barlates – 1/2 Danielle		*Yoga & Pilates Fusion -1 Hot Andrea		*Advanced Vinyasa-3 Hot Sheldon	*Express Vinyasa (ONLINE ONLY) Sheldon	Vinyasa – 2/3 Sheldon
10 am		*Vinyasa – 1 Hot Cassandra		*Advanced Ashtanga- 3 Hot/ 90M Jovita		*Functional Yoga & Mobility- 1 Natalie	*Barre – 1/2 Danielle
11am		11:30AM: *Express Vinyasa (ONLINE ONLY) Sheldon		11:30AM: *Express Vinyasa (ONLINE ONLY) Sheldon		*Vinyasa (ONLINE +HOT ROOM) Sheldon	*Vinyasa (ONLINE+HOT ROOM) Sheldon
12 pm	Vinyasa- 1 Hot Ivano *Strength & Mobility - 1 David	Advanced Ashtanga- 3 Hot/ 90M Jovita	*Power Vinyasa – 2/3 Hot Amanda	All Levels Flow-1 Warm TT / *\$10 *Strength & Mobility - 1 David	*Yoga & Pilates Fusion -1 Hot Andrea	12:30PM: *Vinyasa - 2 Hot Ivano	12:30PM: Vinyasa Core – 2/3 Hot Avital
1:30 pm						*Special Series: PRENATAL YOGA Kristina	Special Series: KIDS YOGA Cassandra
4 pm			Express Vinyasa (ONLINE + HOT ROOM) Sheldon		4:45PM: *Vinyasa (ONLINE + HOT ROOM) Sheldon	*Strength & Mobility – 1 David	
5:30 pm	Vinyasa – 2/3 Hot Lisa	Vinyasa – 2 Hot TBA	*Power Vinyasa- 2/3 Hot Avital	All Levels Flow - 1 Hot TT / *\$10			All Levels Flow - 1 Warm TT / *\$10
6pm	6:15pm: *Movement & Meditation -2 Amanda	*Strength & Mobility - 1 David		*Strength & Mobility - 1 David	*Movement & Meditation -2 Amanda		
7pm		All Levels Flow - 1 Hot TT / *\$10	Vinyasa - 2 Hot Marina	Yoga & Pilates Fusion -1 Hot Andrea	Yin Yoga Warm Kristina /*\$10		Restorative Yoga Jeannette
8pm	Beginner Yoga TT / *\$10	All Levels Ashtanga Nancy + TT / \$10	*Slow Flow, Meditation + Deep Stretch Amanda	All Levels Flow TT / \$10			
	*Vinyasa - 2 Hot Amanda						
8:30 pm		*Vinyasa - 1/2 Hot Ivano	All Levels Flow-1 Hot TT / *\$10	*Vinyasa – 1/2 Hot Cassandra			

KEY:

M: Minutes – All classes are 60 minutes unless otherwise indicated.

\$10: This month's \$10 drop-in OR use your membership.

TT: Teacher Training Graduate will teach this class.

LEVELS:

- 1** - moves at a slower pace, more detailed cues provided; suitable for all levels
- 2** - may move at a faster pace than level 1, some yoga experience helpful
- 3** - faster paced class, includes more advanced or deeper variations of yoga postures

NOTES:

- The above schedule lists all indoor yoga and pilates classes, which are included with all membership options (or class passes).
- Please register for all classes online through our website or directly through the Wellness Living website/app, as drop-ins are not currently permitted.
- Daily classes & Instructors are subject to change for holidays, the summer schedule or other reasons.
- For specialty classes such as Teen Yoga, Kids Yoga and Prenatal Yoga, please visit the website workshop page to register, or contact the studio

REFORMER CLASSES:

- See the online registration page (Wellness Living) for availability, or contact the studio to arrange a private / group session.

CLASS DESCRIPTIONS:

- Please visit the website for class descriptions.

We look forward to seeing you!

All feedback is welcome! Please email us here: info@yogalightstudio.ca