



YOGA LIGHT STUDIO – In-studio + Online classes

- Classes marked with an asterisk (*) are also available online.
- Classes in red are hot or warm. All other classes are non-heated.
- Please see notes below.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am						*Power Vinyasa-2/3 Hot Lauren	Vinyasa - 2 Hot Amanda
9:30 am	*Power Vinyasa-2 Hot Ivano	*Yoga & Pilates Fusion -1 Hot Andrea	*Vinyasa – 1 Hot Amanda	*Advanced Ashtanga- 3 Hot/ 90M Jovita	*Advanced Vinyasa-3 Hot Sheldon	*Express Vinyasa (ONLINE ONLY) Sheldon	Ashtanga - 2 Nancy
						Vinyasa- 1 Hot Cassandra	Vinyasa- 1 Hot Lisa P.
10 am						*Functional Yoga & Mobility- 1 Natalie	*Barre – 1/2 Danielle
10:30 am							
11am						*Vinyasa (ONLINE +HOT ROOM) Sheldon	*Vinyasa (ONLINE+HOT ROOM) Sheldon
12 pm	*Strength & Mobility - 1 David	*Strength & Mobility - 1 David		*Strength & Mobility - 1 David		*Special Series: PRENATAL YOGA Kristina	Special Series: KIDS YOGA Cassandra
12:15 pm	Vinyasa- 1 Hot Ivano	Advanced Ashtanga- 3 Hot/ 90M Jovita	*Vinyasa Core – 2/3 Hot Amanda	All Levels Flow-1 Warm TT / *\$10	*Vinyasa - 2 Hot Cassandra	12:30PM: *Vinyasa - 2 Hot Amanda	12:30PM: Vinyasa Core – 2/3 Hot Ivano
4 pm			Express Vinyasa (ONLINE + HOT ROOM) Sheldon			*Strength & Mobility – 1 David	
5:15 pm	Vinyasa - 2 Hot Amanda	*HITT & Yoga- 2/3 Hot Avital	Vinyasa – 2 Hot Ivano	Vinyasa – 1/2 Hot TBA	5pm: *Vinyasa (ONLINE + HOT ROOM) Sheldon		All Levels Flow - 1 Warm TT / *\$10
6pm	Movement & Meditation -2 Amanda	Strength & Mobility - 1 David	Ashtanga - 2 75M Lisa N.	*Strength & Mobility - 1 David	*Movement & Meditation -2 Amanda		
	6:15pm: Booty Barre (ONLINE ONLY) Lisa P.			*Core Blast – 1/2 Danielle			
7pm		All Levels Flow - 1 Hot TT / *\$10	Vinyasa - 2 Hot TBA	Vinyasa - 2 Hot Andrea	Yin Warm Cassandra /*\$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 Cassandra	All Levels Flow-1 Hot TT / *\$10	Vinyasa – 2/3 Hot Marina			

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