



# 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
8:15 am						*Power Vinyasa-2/3 Hot Lauren	Vinyasa Core – 2/3 Hot Amanda
9:30 am	*Power Vinyasa-2 Hot Amanda		*Yoga & Pilates Fusion -1 Hot Andrea			*Express Vinyasa (ONLINE ONLY) Sheldon	HITT Fusion Danielle
10 am		*Vinyasa – 1 Hot Cassandra		*Advanced Ashtanga- 3 Hot/ 90M Jovita	*Advanced Vinyasa-3 Hot Sheldon	*Vinyasa – 1 Hot TBA *Functional Yoga & Mobility- 1 Natalie	*Vinyasa – 2/3 Hot Sheldon
11:30 am		*Express Vinyasa (ONLINE ONLY) Sheldon		*Express Vinyasa (ONLINE ONLY) Sheldon			
12 pm	Vinyasa- 1 Hot Ivano	Advanced Ashtanga- 3 Hot/ 90M Jovita	*Power Vinyasa – 2/3 Hot Amanda	All Levels Flow-1 Warm TT / *\$10	*Yoga & Pilates -1 Hot Andrea	Vinyasa – 2 Hot Ivano	Vinyasa Core – 2/3 Hot Avital
	*Strength & Mobility - 1 David			*Strength & Mobility - 1 David	All Levels Flow - 1 Hot TT / *\$10	*Vinyasa - 3 (ONLINE ONLY) Sheldon	*Vinyasa - 3 (ONLINE ONLY) Sheldon
1:30 pm						*Special Series: PRENATAL YOGA Kristina	*Special Series: KIDS YOGA Cassandra
4 pm						*Strength & Mobility – 1 David	All Levels Flow - 1 Warm TT / *\$10
5:30 pm	Vinyasa – 2/3 Hot Marina	Vinyasa – 2 Hot TBA	*Power Vinyasa- 2/3 Hot Avital	All Levels Flow - 1 Hot TT / *\$10			
			*Vinyasa (ONLINE ONLY) Sheldon		*Vinyasa (ONLINE ONLY) Sheldon		
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	All Levels Flow-1 Hot TT / *\$10	Yoga & Pilates -1 Hot Andrea	Yin Yoga Warm Kristina / *\$10		Restorative Yoga Jeannette
8pm	Beginner Yoga TT / *\$10	Yoga Flow & Reiki Tlzana	*Slow Flow, Meditation + Deep Stretch Amanda	All Levels Flow TT / \$10			
	*Vinyasa - 2 Hot Amanda						
8:30 pm		*Vinyasa - 1/2 Hot Ivano	*Power Vinyasa- 2/3 Hot Lauren	*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](mailto:info@yogalightstudio.ca)***