

# December 2018



- Warm Classes
- Room Temperature Classes
- Hot Classes
- Workshops/Pre-registered Classes

All classes are 60 minutes unless otherwise indicated.  
 Classes are subject to change without notice based on teacher availability.  
 Please call 780-960-0868 for more information or to register for **workshops & pre-registered classes**. Class passes are not accepted.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> 9:15am Progressive Flow 11:00am Warm Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	<b>3</b> 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 1:30pm Warm Flow 5:30pm Hot Flow 7:00pm Fundamental Flow 8:30pm Candlelight Yoga	<b>4</b> 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 12:00pm Hot Flow 5:30pm Hot Flow 7:00pm Hot Flow 8:30pm Candlelight Yoga	<b>5</b> 6:00am Ashtanga Yoga 9:15am Yoga Core (75 min) 12:00pm Hot Flow 1:30pm Warm Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	<b>6</b> 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 12:00pm Hot Flow 5:30pm Hot Flow 7:00pm Hot Flow 8:30pm Candlelight Yoga	<b>7</b> 6:00am Ashtanga Yoga 9:15am Hot Flow (75 min) 11:00am Beginner Yoga 1:30pm Warm Flow 4:00pm Hot Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	<b>1/8</b> 8:30am Hot Flow (90 min) 10:45am Hot Flow 12:30pm Warm Gentle 6:30pm Restorative Yoga (90min)
<b>9</b> 6:45am Mysore 9:15am Progressive Flow (75min) 11:00am Warm Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	<b>10</b> 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 1:30pm Warm Flow 5:30pm Hot Flow 7:00pm Fundamental Flow 8:30pm Candlelight Yoga	<b>11</b> 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 12:00pm Hot Flow 5:30pm Hot Flow 7:00pm Hot Flow 8:30pm Candlelight Yoga	<b>12</b> 6:00am Ashtanga Yoga 9:15am Yoga Core (75 min) 12:00pm Hot Flow 1:30pm Warm Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90min) 7:15pm Essential Oils For Sick Season	<b>13</b> 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 12:00pm Hot Flow 5:30pm Hot Flow 7:00pm Hot Flow 8:30pm Candlelight Yoga	<b>14</b> 6:00am Ashtanga Yoga 9:15am Hot Flow (75 min) 11:00am Beginner Yoga 1:30pm Warm Flow 4:00pm Hot Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	<b>15</b> 8:30am Hot Flow (90 min) 9:00am Adjusts, Assists & Sequencing Strategies For Yoga Teachers 10:45am Hot Flow 12:30pm Warm Gentle 6:30pm Restorative Yoga (90min)
<b>16</b> 9:15am Hot Flow 11:00am Warm Flow 4:00pm Family Yoga 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	<b>17</b> 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 1:30pm Warm Flow 5:30pm Hot Flow 7:00pm Fundamental Flow 8:30pm Candlelight Yoga	<b>18</b> 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 12:00pm Hot Flow 5:30pm Hot Flow 7:00pm Hot Flow 8:30pm Candlelight Yoga	<b>19</b> 6:00am Ashtanga Yoga 9:15am Yoga Core (75 min) 12:00pm Hot Flow 1:30pm Warm Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90min)	<b>20</b> 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 12:00pm Hot Flow 5:30pm Hot Flow 7:00pm Hot Flow 8:30pm Candlelight Yoga	<b>21</b> 6:00am Ashtanga Yoga 9:15am Hot Flow (75 min) 11:00am Beginner Yoga 1:30pm Warm Flow 4:00pm Hot Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	<b>22</b> 8:30am Hot Flow (90 min) 10:45am Hot Flow 12:30pm Warm Gentle 6:00pm Solstice Ceremony & Full Moon
<b>23</b> 9:15am Progressive Flow (75min) 11:00am Warm Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	<b>24</b> 9:15am Hot Flow (75 min) 1:30pm Warm Flow 5:30pm Hot Flow	<b>Closed For Christmas Day</b>		<b>26</b> <b>Closed For Boxing Day</b>	<b>27</b> 9:15am Hot Flow (75 min) 12:00pm Hot Flow 5:30pm Hot Flow 7:00pm Hot Flow	<b>28</b> 9:15am Hot Flow (75 min) 11:00am Beginner Yoga 1:30pm Warm Flow 4:00pm Hot Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)
<b>30</b> 9:15am Progressive Flow (75min) 11:00am Warm Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	<b>31</b> 9:15am Hot Flow (75 min) 1:30pm Warm Flow 5:30pm Hot Flow	<b>Closed For New Years Day</b>  6:00pm New Years:108 Sun Salutations		<b>2</b> 6:00am Ashtanga Yoga 9:15am Yoga Core (75 min) 12:00pm Hot Flow 1:30pm Warm Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90)	<b>3</b> 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 12:00pm Hot Flow 5:30pm Hot Flow 7:00pm Hot Flow 8:30pm Candlelight Yoga	<b>4</b> 6:00am Ashtanga Yoga 9:15am Hot Flow (75 min) 11:00am Beginner Yoga 1:30pm Warm Flow 4:00pm Hot Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)
					<b>5</b> 8:30am Hot Flow (90 min) 10:45am Hot Flow 12:30pm Warm Gentle	