

January 2019



- 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
30 9:15am Progressive Flow 11:00am Warm Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	31 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 1:30pm Warm Flow 5:30pm Hot Flow	1 <p style="text-align: center;">Closed for New Years Day</p> 6:00pm New Years: 108 Sun	2 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)	3 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	4 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	5 8:30am Hot Flow (90 min) 10:45am Hot Flow 12:30pm Warm Gentle
6 9:15am Progressive Flow (75min) 11:00am Warm Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	7 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 1:30pm Warm Flow 4:00pm Kids Yoga (ages 5-10) 5:30pm Hot Flow 7:00pm Fundamental Flow 8:30pm Candlelight Yoga	8 6:00am Sunrise Yoga 8:45 30 Day Challenge Kick Off Mtg. 9:15am Hot Flow (75 min) 12:00pm Hot Flow 4:00pm Youth Yoga (ages 11+) 5:30pm Hot Flow 7:00pm Hot Flow 8:30pm Candlelight Yoga	9 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)	10 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	11 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)	12 8:30am Hot Flow (90 min) 10:45am Hot Flow 12:30pm Warm Gentle 6:30pm Restorative Yoga (90min)
13 9:15am Progressive Flow 11:00am Warm Flow 4:00pm Family Yoga 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	14 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 1:30pm Warm Flow 4:00pm Kids Yoga (ages 5-10) 5:30pm Hot Flow 7:00pm Fundamental Flow 8:30pm Candlelight Yoga	15 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 12:00pm Hot Flow 5:30pm Hot Flow 4:00pm Youth Yoga (ages 11+) 7:00pm Hot Flow 8:30pm Candlelight Yoga	16 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)	17 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	18 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)	19 8:30am Hot Flow (90 min) 10:45am Hot Flow 12:30pm Warm Gentle 4:00pm Yoga Fundamentals
20 9:15am Progressive Flow (75min) 11:00am Warm Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	21 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 1:30pm Warm Flow 4:00pm Kids Yoga (ages 5-10) 5:30pm Hot Flow 7:00pm Fundamental Flow 8:30pm Candlelight Yoga	22 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 12:00pm Hot Flow 4:00pm Youth Yoga (ages 11+) 5:30pm Hot Flow 7:00pm Hot Flow 8:30pm Candlelight Yoga	23 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)	24 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	25 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)	26 8:30am Hot Flow (90 min) 10:45am Hot Flow 12:30pm Warm Gentle
27 9:15am Progressive Flow (75min) 11:00am Warm Flow 5:30pm Hot Flow 7:00pm Candlelight Yin (90 min)	28 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 1:30pm Warm Flow 4:00pm Kids Yoga (ages 5-10) 5:30pm Hot Flow 7:00pm Fundamental Flow 8:30pm Candlelight Yoga	29 6:00am Sunrise Yoga 9:15am Hot Flow (75 min) 12:00pm Hot Flow 4:00pm Youth Yoga (ages 11+) 5:30pm Hot Flow 7:00pm Hot Flow 8:30pm Candlelight Yoga	30 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) 7:15pm Essential Oils Class (FREE)	31 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	1 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)	2 8:30am Hot Flow (90 min) 10:45am Hot Flow 12:30pm Warm Gentle