

Richmond Olympic Oval

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:30 – 7:30	YHot		YHot		YHot		
8:30 – 9:30						YHot	
9:15 – 10:15	YHot	YHot	YHot	YHot	YHot	Hatha (75)	Hatha (75)
10:30 – 11:30	Core Fusion	Hatha (75)	Core Fusion	Hatha (75)	Core Fusion	YHot ♪	YHot ♪
11:00 – 12:15						Power	Flow
12:00 – 12:50	Power	YExpress Lower Body (30)	Power	YExpress Upper Body (30)	Power		
12:00 – 1:00	Hatha		Hatha		Hatha	Core Fusion	Core Fusion
4:00 – 5:00						YHot ♪	YHot ♪
4:30 – 5:30	Power	Power	Power	Power			
4:45 – 5:45						Flow	Flow
5:00 – 6:15	Flow	Hatha (60)	Flow	Hatha (60)	Flow		
5:45 – 6:45	YHot	YHot	YHot	YHot	YHot		
6:00 – 7:15						Saje Aromatherapy Yin	Candlelight Yin
6:15 – 6:45		YExpress Lower Body (30)		YExpress Upper Body (30)			
6:30 – 7:30	YSculpt		YSculpt				
7:00 – 7:30		YExpress Upper Body (30)		YExpress Lower Body (30)			
7:00 – 8:00	YHot ♪	Power	YHot ♪	Power	Candlelight Yin (75)		
7:45 – 9:00	Yin & Meditation	Yin	Saje Aromatherapy Yin	Yin			
8:15 – 9:00	YHot	YHot ♪	YHot	YHot ♪			

*Schedule in effect Jan 9, 2017. Please note that schedule is subject to change. See yyoga.ca for current daily schedules.