

Neo Whistler

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 – 10:00		Power		Power		Power	Power
10:00 – 11:00	YHot		YHot		YHot		
10:15 – 11:15						Core Fusion	Core Fusion
12:00 – 1:00	Flow	Flow	Flow	Flow	Flow	Flow	Flow
4:30 – 5:30						YHot	YHot
5:30 – 6:30	YHot	YHot	YHot Intermediate (75)	YHot	Power Intermediate (90)		
6:45 – 8:00	Saje Aromatherapy Yin	Power		Saje Aromatherapy Yin			
7:00 – 8:15			Power				

Did you know...

Sea-to-Sky locals receive **15% off** month to month memberships!
(All you need is to show us proof of residency)

*Schedule in effect March 6, 2017. Please note that schedule is subject to change. See yyoga.ca for current daily schedules.