

Downtown Flow

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:30 – 7:15	YRide	YRide	YRide	YRide	YRide		
6:30 – 7:30	YHot ♪		YHot ♪		YHot ♪		
7:00 – 8:00	YSculpt	Floor Barre	YSculpt	Floor Barre	YSculpt		
8:15 – 9:15	Flow	Flow	Flow	Flow	Flow	Flow	Flow
8:30 – 9:30						YHot ♪	YHot ♪
8:30 – 9:30						YRide	YRide
9:45 – 11:00	Gentle Hatha	Hatha	Gentle Hatha	Hatha	Gentle Hatha	Hatha (90)	Restorative (90)
10:00 – 11:30	Power	Pilates Fusion (60)	Power	Pilates Fusion (60)	Power	YSculpt (60)	YSculpt (60)
10:15 – 11:00						YRide	YRide
11:15 – 12:15						Floor Barre	Floor Barre
12:00 – 12:45	YRide	YRide	YRide	YRide	YRide	YRide	YRide
12:00– 12:45	YHot ♪	YHot ♪	YHot ♪	YHot ♪	YHot ♪		
12:15 – 1:15	Flow	Flow	Flow	Flow	Flow	Flow (75)	Flow (75)
1:00 – 2:00						YHot	YHot
1:30 – 2:30			Hatha (by donation)				
2:00 – 3:30		Restorative		Restorative	Pilates Fusion (60)	Restorative	Pilates Fusion (60))
2:30 – 4:00	Power Intermediate	Power	Power Intermediate	Power	Power	Power	Power
4:15 – 5:30	Hatha	YExpress Lower Body (30)	Hatha	YExpress Lower Body (30)	Hatha	Hatha	Hatha
4:15 – 5:30						Power	Power
4:30 – 5:30	Power	Power	Power	Power	Power		
5:00 – 5:30		YExpress Upper Body (30)		YExpress Upper Body (30)			
5:15 – 6:00	YRide	YRide	YRide	YRide	YRide	YRide	YRide
5:45 – 6:45	YHot ♪	YHot ♪	YHot ♪	YHot ♪	YHot ♪	YHot ♪	YHot ♪
6:00 – 7:15	Flow	Flow (90)	Flow	Flow (90)	Flow	Pilates Fusion Int (60)	Flow (60)
6:30 – 7:15	YRide	YRide	YRide	YRide			
7:00 – 8:00							YHot
7:15 – 8:15	Pilates Fusion	YSculpt	YSculpt	YSculpt	Pilates Fusion		Meditation (30)
7:30 – 8:15	Meditation (30)	YRide	Meditation (30)	YRide			
8:00 – 9:15							Saje Aromatherapy Yin
8:15 – 9:30	Warm Yin	Warm Yin	Saje Aromatherapy Yin	Warm Yin	Warm Yin		
8:30 – 9:30	YHot	YHot	YHot	YHot	YHot		

Yaletown

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6:30 – 7:30	Power	Power	Power	Power	Power		
7:00 – 8:00	YHot	YHot	YHot	YHot	YHot		
9:00 – 10:30						Power	Power
9:45 – 11:00		Power	Power Intermediate (90)	Power			
10:00 – 11:15						Flow Intermediate (90)	Flow
10:45 – 12:00						YHot ♪	YHot ♪
12:00 – 12:50	YHot	YHot	YHot	YHot	YHot		
12:00 – 1:00	Power	Power	Power	Power	Power		
4:15 – 5:15		Flow		Flow			
4:30 – 5:30	YHot ♪		YHot ♪		YHot ♪	YHot ♪	YHot ♪
5:30 – 6:45	Hatha	Hatha	Hatha	Hatha	Hatha		
5:45 – 7:00	Power	Power	Power	Power	Power	Power	Power Intermediate
6:00 – 7:30						Yin & Meditation	Yin & Meditation (120)
7:00 – 8:00	Flow	Flow	Flow	Flow			
7:15 – 8:15	YHot ♪	YHot ♪	YHot ♪	YHot ♪	YHot ♪		YHot ♪
7:15 – 8:30					Yin		
8:15 – 9:30	Warm Yin	Warm Yin	Warm Yin	Warm Yin			
8:30 – 9:30	Power	Power	Power	Power			

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