

Harbourfront

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:00– 10:15						Hatha	Hatha
9:15 – 10:30						Power	Power
10:00 – 11:15	Yin	Flow	Yin	Flow	Yin		
10:30 – 11:45						Restorative	Restorative
10:45 – 11:45						YHot	YHot
12:00 – 1:00	Power	Hatha	Power	Hatha	Power	YSculpt	
12:15 – 1:15						Flow	Flow
5:15 – 6:15	Core Fusion		Core Fusion		Core Fusion		
5:30 – 6:30	Power (75)	YSculpt	Power (75)	YSculpt	YHot		
6:30 – 7:30	Flow	Hatha	Flow	Hatha	Restorative (75)		
7:00 – 8:00	YHot	Power	YHot	Power			
7:45 – 9:00	Restorative	Wam Yin	Restorative	Warm Yin			

Queen Street West

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:45 – 7:30	YRide		YRide		YRide		
7:00 – 8:00	Power	YHot	Power	YHot	Power		
7:30 – 8:30							
9:30 – 10:30						YHot	YHot
10:00 – 11:15						Flow	Flow
10:15 – 11:00						YRide	YRide
10:00 – 11:15	Power		Power (90)		Power		
10:45 –11:45						Power	Power
11:15 – 12:00						YFit	YFit
12:00 – 12:50	YHot	YHot	YHot	YHot	YHot	YHot	YHot
12:00 – 1:00	Flow	Flow	Flow	Flow	Flow	Core Fusion	
12:15 – 1:00	YFit	YRide	YFit	YRide	YFit	YRide	YRide
1:00 – 2:00	Core Fusion		Core Fusion		Core Fusion	Power	Power
1:15 – 2:30						Restorative	Restorative
4:00 – 5:00						Hatha	Hatha
4:15 – 5:30						Power	Power
4:30 – 5:30	Power	Power	Power	Power	Power		
5:00 – 5:45		YRide		YRide			
5:00 – 6:00	Hatha	Flow	Hatha	Flow	Hatha		
5:15 – 6:30						Yin & Meditation	Saje Aromatherapy Yin
5:45 – 6:45	YHot	YHot	YHot	YHot	YHot	YHot	YHot
6:00 – 6:45	YFit	YFit	YFit	YFit			
6:15 – 7:15	Core Fusion	Hatha	Core Fusion	Hatha	Core Fusion		
7:00 – 7:45	YRide	YRide	YRide	YRide			
7:00 – 8:00	Power	Power	Power	Power			
7:30 – 8:45	Warm Yin	Meditation (30)	Warm Yin	Meditation (30)			
8:15 – 9:15	YHot	YHot	YHot	YHot			
8:15 – 9:15		Restorative		Restorative			

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