

Highgate

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:30 – 7:30			Power		Power		
9:15 – 10:30	Flow	Flow	Flow	Flow	Flow	Power (90)	Flow (90)
9:30 – 10:30						Hatha	Hatha
10:45 – 11:45	Pilates Fusion	Restorative (75)	Pilates Fusion	Restorative (75)	Pilates Fusion	Pilates	Pilates
12:15 – 1:15	YHot 🎵	YSculpt	YHot 🎵	YSculpt	YHot 🎵	YHot 🎵	YHot 🎵
1:30 – 3:00							Restorative
4:00 – 5:00						Flow	Power
5:00 – 6:00	Flow	Flow	Flow	Flow	Hatha		
5:15 – 6:15	YHot 🎵	YHot 🎵	YHot 🎵	YHot 🎵	YHot 🎵	YHot 🎵 (75)	YHot 🎵 (75)
6:15 – 7:15	Hatha	Hatha	Hatha	Hatha	Restorative (75)		
6:30 – 7:15	YSculpt	Core Fusion	Core Fusion	Core Fusion	Power (75)		
6:45-8:00						Yin & Meditation	Warm Yin
7:30 – 8:45	Power	Power	Power	Power			
7:30 – 8:45	Restorative	Warm Yin	Restorative	Warm Yin			
9:00 – 10:00	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.