

Kitsilano

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:45 – 7:45	Flow	YHot	Flow	YHot	Flow		
7:00 – 8:00	Floor Barre		Floor Barre		Floor Barre		
8:15 – 9:15	Power	YSculpt	Power	YSculpt	Power		
8:30 – 9:30						YHot	YHot
9:00 – 10:15						Hatha	Hatha
9:30 – 10:30	Hatha	Hatha	Hatha	Hatha	Hatha		
10:00 – 11:00	YHot	YHot	YHot	YHot	YHot	Power (90)	Power (90)
10:30 – 11:45						Flow	Flow
10:45 – 11:45	Flow	Flow	Flow	Flow	Flow		
12:00 – 12:30	YExpress Lower Body		YExpress Upper Body		YExpress Lower Body		
12:00 – 12:50		YHot		YHot		YHot	YHot
12:00 – 1:00						Power	Power
12:15 – 1:15	Power	Power	Power	Power	Power		
12:45 – 1:15	YExpress Upper Body		YExpress Lower Body		YExpress Upper Body		
1:00 – 2:00						YHot	YHot
1:15 – 2:30							Yin
1:30 – 2:30	YHot ♫		YHot ♫		YHot ♫	Floor Barre	
2:15 – 3:15		Hatha (by donation)		Hatha (by donation)			
2:45 – 4:00	Hatha	Hatha	Hatha	Hatha	Hatha	Hatha (60)	Hatha (60)
3:45 – 4:45	YHot	YHot	YHot	YHot	YHot	YHot	YHot
4:00 – 5:00						YSculpt	YSculpt
4:15 – 5:15	Pilates Fusion	Floor Barre	Pilates Fusion	Floor Barre	Pilates Fusion		
5:00 – 6:15					Power	Power	Power
5:15 – 6:15	YHot ♫	YHot ♫	YHot ♫	YHot ♫			
5:30 – 6:45	Hatha	Power	Hatha	Power	Hatha	Hatha	Hatha
6:30 – 7:30	YHot ♫	YHot ♫	YHot ♫	YHot ♫	YHot ♫	YHot ♫	YHot ♫
7:00 – 8:15	Flow	Flow	Flow	Flow	Flow	Flow	Flow
7:45 – 8:45	Power	Power	Power	Power	YHot		YHot
8:30 – 9:45	Warm Yin	Saje Aromatherapy Yin	Warm Yin	Saje Aromatherapy Yin	Warm Yin		Saje Aromatherapy Yin
9:00 – 10:00	YHot	YHot	YHot	YHot			

South Granville

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 – 7:00	YRide	YRide	YRide	YRide	YRide		
6:30 – 7:30	TRX	YFit (45)	TRX	YFit (45)	TRX		
8:00 – 9:00						TRX	TRX (45)
8:30– 9:15						YRide	YRide
8:45 – 9:30	YFit	TRX	YFit	TRX			
9:15 – 10:15						YFit	YFit
9:45 – 10:45	TRX	YFit	TRX	YFit	TRX	YRide (45)	YRide (45)
10:30 – 11:30	YRide (45)		YRide (45)			TRX	TRX
12:00 – 12:45	YFit	TRX	YFit	TRX	YFit	YFit	YFit
12:15 – 1:00	YRide	YRide	YRide	YRide	YRide	YRide	YRide
1:00 – 2:00						TRX	TRX
2:00 – 2:45						YRide	YRide
2:15 – 3:00						YFit	YFit
4:00 – 4:45	TRX		TRX		TRX		
5:00 – 5:45	YFit	TRX	YFit	TRX	YFit		
5:30 – 6:15	YRide	YRide	YRide	YRide	YRide		
6:00 – 7:00	TRX	YFit	TRX	YFit	TRX		
6:30 – 7:15	YRide	YRide	YRide	YRide			
7:15 – 8:00	YFit	TRX	YFit	TRX			

West Sixth

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
11:00 –12:00							Prenatal
12:00 – 1:00	Hatha	Yin & Meditation	Hatha	Yin & Meditation	Hatha		
4:45 – 5:45	Hatha	Hatha	Hatha	Hatha	Hatha	Hatha	Hatha
6:00 – 7:00	Flow	Flow	Flow	Flow	Flow	Flow	Flow
7:15 – 8:30	Warm Yin	Warm Yin	Warm Yin	Warm Yin		Warm Yin	Warm Yin

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