

# Neo Whistler

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

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 Jan 9, 2017. Please note that schedule is subject to change. See [yyoga.ca](http://yyoga.ca) for current daily schedules.