

Northshore Elements

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

Park Royal

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:45 – 9:45						YHot ♪	YHot ♪
9:30 – 10:45	Hatha	Gentle Hatha	Hatha	Gentle Hatha	Hatha	Hatha	Prenatal
10:00 – 11:15	Power	Floor Barre (60)	Power	Floor Barre (60)	Power	Power	Power
11:00– 12:00						Pilates	Pilates
11:30– 12:30						YHot ♪	YHot ♪
12:00 – 1:00	Flow	Hatha	Flow	Hatha	Flow		
12:15 – 1:15						Flow	Flow
12:15 – 1:15	YHot ♪	Power	YHot ♪	Power	YHot ♪		
1:30 – 2:30						Floor Barre	YSculpt
4:15 – 5:30						Gentle Hatha	Hatha
4:30 – 5:30	Power	Power	Power	Power	Power	Power	Power
5:30 – 6:30	Hatha	Gentle Hatha	Hatha	Gentle Hatha	Gentle Hatha		
5:45 – 6:45	YHot ♪	YHot ♪	YHot ♪	YHot ♪	YHot ♪	YHot ♪	YHot ♪
6:00 – 7:15							Saje Aromatherapy Yin
6:45 – 7:45	Flow	Flow	Flow	Flow			
7:00 – 8:00	YSculpt	YSculpt	YSculpt	YSculpt			
8:00 – 9:15	Yin & Meditation	Warm Yin	Yin & Meditation	Saje Aromatherapy Yin			
8:15 – 9:15	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.