

# typical week

PYC Bowmanville

SUN

MON

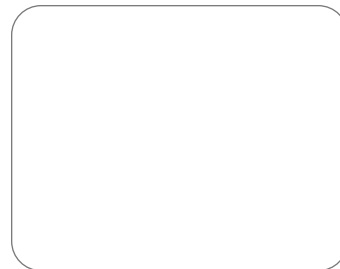
TUE

WED

THUR

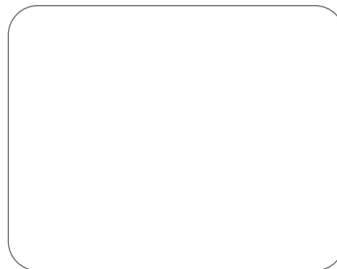
FRI

SAT



8:30 PY60

8:30 PY60



5:30 PY60

5:30 PY60

PY - Power Yoga (60min, 75min & 90min) All of our classes are ALL LEVELS Baptiste Power Vinyasa Yoga classes which means that we flow the poses with breath.

SCHEDULE SUBJECT TO CHANGE. PLEASE SEE ONLINE SCHEDULE FOR UP TO DATE CLASS CHANGES AND TEACHER SUBSTITUTIONS AT [www.poweryogacanada.com](http://www.poweryogacanada.com)