

typical week

PYC etobicoke

SUN

MON

TUE

WED

THUR

FRI

SAT

9:00 PY90
11:00 PY75

5:00 PY75
7:00 Karma

10:00 PY75
12:00 PY60
1:30 AuNat60

6:00 PY60
7:30 PY75
9:15 PY60

6:00 PY60
10:00 PY75
12:00 PY60

5:00 PY60
6:30 PY90
8:30 PY60

10:00 PY75
12:00 PY60

6:00 PY60
7:30 PY75
9:15 PY60

6:00 PY60
10:00 PY75
12:00 PY60
5:00 PY60
7:00 AuNat60 Foundtns
6:30 PY90
8:30 PY60

6:00 PY60
10:00 PY75
12:00 PY60

6:00 PY60
7:30 PY60 Jam

9:00 PY90
9:30 AuNat60
11:00 PY75

3:30 Karma
5:00 PY75

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 in a heated room.

PY Jam-Power Yoga Jam These energetic classes are taught to music. Be inspired, let loose and flow to the beats.

Karma- Community class \$5 Donation goes to a charity.

Au Naturale- Power Yoga taught in a regular temperature room. Foundations is a slower paced Power Yoga class that looks at the basics of the flow.

SCHEDULE SUBJECT TO CHANGE. PLEASE SEE ON LINE SCHEDULE FOR UP TO DATE CLASS CHANGES AND TEACHER SUBSTITUTIONS AT www.poweryogacanada.com