

# november

PYC liberty village

SUN

MON

TUE

WED

THUR

FRI

SAT

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>31</p> <p>10:30 <b>PY75</b> Parastu 12:30 <b>PYF90</b> Parastu 4:00 <b>Bun in the Oven</b> 5:30 <b>PY75</b> Susan</p>	<p>1</p> <p>7:00 <b>PY60</b> Denise 10:00 <b>PYF90</b> Denise 12:15 <b>PY60</b> Denise 6:00 <b>PY75</b> David 7:30 <b>PY75</b> Sam 9:15 <b>PY60</b> Sam</p>	<p>2</p> <p>12:15 <b>PYJam60</b> Toni 2:00 <b>PY75</b> Toni 5:15 <b>PY60</b> Robin 6:45 <b>PYF75</b> Monica 8:30 <b>PY60</b> Monica</p>	<p>3</p> <p>10:00 <b>PY90</b> Susan 12:15 <b>PY60</b> Isabel 2:00 <b>Mom &amp; Baby</b> 6:00 <b>PY75</b> Pauline 7:30 <b>PYPeople</b> Jenna 9:15 <b>PY60</b> David</p>	<p>4</p> <p>12:15 <b>PY60</b> Toni 2:00 <b>PY75</b> Debbie 5:15 <b>PY60</b> Denise 6:45 <b>PY75</b> Denise 8:30 <b>PYJam60</b> Pino</p>	<p>5</p> <p>12:15 <b>PY60</b> Jen 2:00 <b>PY60</b> Jen ★ 5:15 <b>PY75</b> Jesse 7:00 <b>PYKarma</b> Jesse</p>	<p>6</p> <p>10:30 <b>PY90</b> Debbie 12:30 <b>PYPeople</b> Debbie 2:30 <b>PYJam75</b> Toni 4:00 <b>Little Pretzels</b> 6:30 <b>PY75</b> Susan</p>
<p>7</p> <p>10:30 <b>PY75</b> Parastu 12:30 <b>PYF90</b> Parastu 4:00 <b>Bun in the Oven</b> 5:30 <b>PY75</b> Susan 7:00 <b>PYPeople</b> Leandra</p>	<p>8</p> <p>7:00 <b>PY60</b> Denise 10:00 <b>PYF90</b> Denise 12:15 <b>PY60</b> Denise 4:30 <b>PY60</b> David ★ 6:00 <b>PY75</b> David 7:30 <b>PY75</b> Sam 9:15 <b>PY60</b> Sam</p>	<p>9</p> <p>12:15 <b>PYJam60</b> Toni 2:00 <b>PY75</b> Toni 5:15 <b>PY60</b> Robin 6:45 <b>PYF75</b> Monica 8:30 <b>PY60</b> Monica</p>	<p>10</p> <p>10:00 <b>PY90</b> Susan 12:15 <b>PY60</b> Isabel 2:00 <b>Mom &amp; Baby</b> 6:00 <b>PY75</b> Pauline 7:30 <b>PYPeople</b> Jenna 9:15 <b>PY60</b> David</p>	<p>11</p> <p>12:15 <b>PY60</b> Toni 2:00 <b>PY75</b> Debbie 5:15 <b>PY60</b> Denise 6:45 <b>PY75</b> Denise 8:30 <b>PYJam60</b> Pino</p>	<p>12</p> <p>12:15 <b>PY60</b> Jen 2:00 <b>PY60</b> Jen ★ 5:15 <b>PY75</b> Jesse 7:00 <b>PYKarma</b> Jesse</p>	<p>13</p> <p>10:30 <b>PY90</b> David 12:30 <b>PYPeople</b> Sandy 2:30 <b>PYJam75</b> Toni 4:00 <b>Little Pretzels</b> 6:30 <b>PY75</b> Susan</p>
<p>14</p> <p>10:30 <b>PY75</b> Parastu 12:30 <b>PYF90</b> Parastu 4:00 <b>Bun in the Oven</b> 5:30 <b>PY75</b> Susan 7:00 <b>PYPeople</b> Leandra</p>	<p>15</p> <p>7:00 <b>PY60</b> Denise 10:00 <b>PYF90</b> Denise 12:15 <b>PY60</b> Denise 4:30 <b>PY60</b> David ★ 6:00 <b>PY75</b> David 7:30 <b>PY75</b> Sam 9:15 <b>PY60</b> Sam</p>	<p>16</p> <p>12:15 <b>PYJam60</b> Toni 2:00 <b>PY75</b> Toni 5:15 <b>PY60</b> Robin 6:45 <b>PYF75</b> Monica 8:30 <b>PY60</b> Monica</p>	<p>17</p> <p>10:00 <b>PY90</b> Susan 12:15 <b>PY60</b> Isabel 2:00 <b>Mom &amp; Baby</b> 6:00 <b>PY75</b> Pauline 7:30 <b>PYPeople</b> NT 9:15 <b>PY60</b> David</p>	<p>18</p> <p>12:15 <b>PY60</b> Toni 2:00 <b>PY75</b> Debbie 5:15 <b>PY60</b> Denise 6:45 <b>PY75</b> Denise 8:30 <b>PYJam60</b> Pino</p>	<p>19</p> <p>12:15 <b>PY60</b> Jen 2:00 <b>PY60</b> Jen ★ 5:15 <b>PY75</b> Jesse 7:00 <b>PYKarma</b> Jesse</p>	<p>20</p> <p>10:30 <b>PY90</b> David 12:30 <b>PYPeople</b> Eva 2:30 <b>PYJam75</b> Toni 4:00 <b>Little Pretzels</b> 6:30 <b>PY75</b> Susan</p>
<p>21</p> <p>10:30 <b>PY75</b> Parastu 12:30 <b>PYF90</b> Parastu 2:30 <b>Inversion Workshop</b> Susan &amp; Denise 5:30 <b>PY75</b> Susan 7:00 <b>CANCELLED</b></p>	<p>22</p> <p>7:00 <b>PY60</b> Denise 10:00 <b>PYF90</b> Denise 12:15 <b>PY60</b> Denise 4:30 <b>PY60</b> Denise ★ 6:00 <b>PY75</b> David 7:30 <b>PY75</b> Sam 9:15 <b>PY60</b> Sam</p>	<p>23</p> <p>12:15 <b>PYJam60</b> Toni 2:00 <b>PY75</b> Toni 5:15 <b>PY60</b> Robin 6:45 <b>PYF75</b> Monica 8:30 <b>PY60</b> Monica</p>	<p>24</p> <p>10:00 <b>PY90</b> Susan 12:15 <b>PY60</b> Isabel 2:00 <b>Mom &amp; Baby</b> 6:00 <b>PY75</b> Pauline 7:30 <b>PYPeople</b> NT 9:15 <b>PY60</b> David</p>	<p>25</p> <p>12:15 <b>PY60</b> Toni 2:00 <b>PY75</b> Debbie 5:15 <b>PY60</b> Denise 6:45 <b>PY75</b> Denise 8:30 <b>PYJam60</b> Pino</p>	<p>26</p> <p>12:15 <b>PY60</b> Jen 2:00 <b>PY60</b> Jen ★ 5:15 <b>PY75</b> Jesse 7:00 <b>PYKarma</b> Simmi</p>	<p>27</p> <p>10:30 <b>PY90</b> David 12:30 <b>PYPeople</b> Debbie 2:30 <b>PYJam75</b> Toni 4:00 <b>Little Pretzels</b> 6:30 <b>PY75</b> Susan</p>
<p>28</p> <p>10:30 <b>PY75</b> David 12:30 <b>PYF90</b> Parastu 4:00 <b>Bun in the Oven</b> 5:30 <b>PY75</b> Susan 7:00 <b>PYPeople</b> Leandra</p>	<p>29</p> <p>7:00 <b>PY60</b> Denise 10:00 <b>PYF90</b> Denise 12:15 <b>PY60</b> Denise 4:30 <b>PY60</b> David ★ 6:00 <b>PY75</b> David 7:30 <b>PY75</b> Sam 9:15 <b>PY60</b> Sam</p>	<p>30</p> <p>12:15 <b>PYJam60</b> Toni 2:00 <b>PY75</b> Toni 5:15 <b>PY60</b> Robin 6:45 <b>PYF75</b> Monica 8:30 <b>PY60</b> Monica</p>				

**PY - Power Yoga (60 min, 75 min & 90 min)** All of our classes are Hot Baptiste Power Vinyasa Yoga classes which means that we flow the poses with breath in a heated room.

**PYF - Power Yoga Foundations** For those new to Yoga and those looking to deepen their understanding of the flow.

**PYPeople - Power Yoga to the People** This \$10 community class is taught by our up and coming Power Yoga Canada teachers.

**PYJam - Power Yoga Jam** These energetic classes are taught to music. Be inspired, let loose and flow to the beats. Dancing may result.

**Karma** - By donation. Funds raised and items collected go toward making a difference in our community and beyond. (No passes)

**Bun in the Oven** - Drop in prenatal yoga class for expecting moms at any stage of pregnancy.

**Little Pretzels - Kids drop in classes** suitable for ages 5 - 10.

**Mom & Baby** - Deepen your experience of bonding with your baby through yoga. These baby-friendly classes will help to restore mom's alignment and provide relief from carrying & nursing baby.

★ **NEW Class**