

# Typical Week

PYC oakville

SUN

MON

TUE

WED

THUR

FRI

SAT

9:30 PY60  
11:00 PY75  
  
5:00 PY60  
5:00 Little Pretzels  
6:30 PY75 Karma

8:30 PY60  
10:00 PY75  
12:00 PY60  
4:30 PY60  
6:00 PY60  
6:00 PY Basics  
7:30 PY75  
9:15 PY60

6:00 PY60  
9:30 PY75  
12:00 PY60  
  
5:00 PY60  
6:30 PY90  
8:30 PY60

6:00 PY60  
10:00 PY75  
12:00 PY60  
4:30 PY60  
4:30 Little Pretzels  
6:00 PY60  
7:30 PY75  
7:30 PY Basics  
9:15 PY60 Jam

6:00 PY60  
9:30 PY75  
12:00 PY60  
  
5:00 PY60  
6:30 PY90  
8:30 PY60

6:00 PY60  
10:00 PY75  
12:00 PY60  
  
4:30 PY 60  
6:00 PY60  
7:30 PY60 Jam

8:00 PY60  
9:30 PY60  
11:00 PY75  
  
5:00 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 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.  
**Little Pretzels** Kids drop in yoga classes. Suggested age 4-9  
**Karma-** Community class \$5 Donation to a charity, taught by our up and coming new Power Yoga Canada teachers.  
**Au Naturele-**Power Yoga classes taught in natural heat.  
**PY Basics-**Learn the foundations of the yoga poses, breath and flow. Taught in a non-heated room.

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