

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00				Yoga 60 Pauline			
8:15							
9:15	Iyengar Rope Yoga 60 Darcia		Yoga Flow 60 Tara		Flow Yoga 60 Danielle	Yoga 60 Noushi	Yoga 60 Kate
10:30	Yoga 60 Pauline	Pilates (10:15 – 11:15) 60 Lisa	Restorative Yoga 75 Myriam	Iyengar Yoga 75 Darcia	Yin Yoga 75 Kate	Yoga Intermediate 75 Danielle/Pauline	Restorative Yoga 75 Kate
LUNCH HOUR							
12:10			Yoga 40 Dawn				
AFTERNOON & EVENING CLASSES							
4:00	Yoga 75 Kate	Beginner Yoga 50 Darcia	Iyengar Rope Yoga 60 Darcia		Yin & Restore Yoga 75 Myriam/Danielle		
4:30							
5:00		Yoga 60 Kate		Yoga 60 Pauline			
5:30	Iyengar Yoga 75 Darcia		Yoga Intermediate 75 Kate		Yoga 60 Jamie		
6:00				Pilates 50 Lisa			
6:30		Flow Yoga 60 Jamie	Yin Yoga (6:45 Start) 75 Kate				
7:00	Restorative Yoga 75 Myriam						
7:30							



2018 PUR YOGA STUDIO

WINTER SCHEDULE

STARTS JANUARY 2, 2018

Attending classes is your vote to help keep your favourite classes on our schedule.

Classes low in numbers are not guaranteed to remain on schedule.

Please **sign up online** to reserve a spot in your favourite class. **Download our APP**

We do our best to keep you updated with instructor or schedule changes but be aware we cannot always give the advanced notice we would like.

We love to hear feedback, let us know what you