

prices & promotions gst included

no refunds on passes or gift certificates

passes are non-transferable

unlimited week of yoga (first visit only) \$25.00

1st month unlimited (first pass purchase only) \$99.00

drop-in \$18.00

5 class card \$80.00

10 class card \$145.00

20 class card \$250.00

1 month unlimited \$140.00

3 month unlimited \$365.00

6 month unlimited \$640.00

year unlimited (ask about our installment plan) \$1150.00

student drop-in (with valid ID) \$14.00

student 10 class card (with valid ID) \$125.00

student 20 class card (with valid ID) \$215.00

student monthly unlimited (with valid ID) \$120.00

student annual (with valid ID - ask about our installment plan) \$750.00

karma & community donation minimum \$5.00

buy your pass online and save!

*Vitality shows in not only the ability to persist,
but the ability to start over.* Scott Fitzgerald



class schedule spring 2012 revised March. 12, 2012

schedule is subject to change

classes suitable for beginners: hot hatha, karma, shanti, begin yoga & restorative

denotes non-heated classes

Day	Time	Class	Level
monday	6:15 - 7:30 am	hot hatha	all level
	9:30-11:00 am	hot foundation	all level
	10:00 -11:30am	mom & baby	registered
	12:00-1:15 pm	hot foundation	all level
	3:00 - 4:00 pm	seniors yoga	registered
	4:00 - 5:30 pm	hot hatha	all level
	5:30 - 7:00 pm	yogalab	all level
	6:00 - 7:30 pm	hot foundation	all level
	7:15 - 8:45 pm	inversions	all level
	8:00 - 9:30 pm	hot foundation	all level
9:00-10:00 pm	hot foundation	all level	
tuesday	6:15 - 7:30 am	hot foundation	all level
	9:30-11:00 am	hot foundation	all level
	12:00-1:15 pm	hot foundation	all level
	12:00-1:15 pm	prenatal	registered
	4:00 - 5:30 pm	hot hatha	all level
	5:30 - 7:00 pm	hips	all level
	6:00 - 7:30 pm	hot foundation	all level
	7:15 - 8:45 pm	restorative	all level
	8:00 - 9:30 pm	hot hatha	all level
	9:00-10:00 pm	hot foundation	all level
wednesday	6:15 - 7:30 am	hot hatha	all level
	9:30-11:00 am	hot hatha	all level
	12:00-1:15 pm	karma	all level
	4:00 - 5:30 pm	hot core	all level
	5:30 - 6:30 pm	yoga therapy	all level
	6:00 - 7:30 pm	hot hatha	all level
	7:15 - 8:45 pm	yogalab	all level
	8:00 - 9:30 pm	hot foundation	all level
	9:00-10:00 pm	hot foundation	all level
	thursday	6:15 - 7:30 am	hot foundation
9:30-11:00 am		hot foundation	all level
12:00-1:15 pm		hot foundation	all level
3:00 - 4:00 pm		seniors yoga	registered
4:00 - 5:30 pm		hot hatha	all level
5:30 - 7:00 pm		prenatal	registered
6:00 - 7:30 pm		hot foundation	all level
7:15 - 8:45 pm		restorative	all level
8:00 - 9:30 pm		hot hatha	all level
9:00-10:00 pm		hot foundation	all level
friday	6:15 - 7:30 am	hot hatha	all level
	9:30-11:00 am	hot foundation	all level
	12:00-1:15 pm	hot hatha	all level
	4:00 - 5:30 pm	hot foundation	all level
	6:00 - 7:30 pm	yang / yin with music	all level
	8:00 - 9:30 am	hot hatha	all level
saturday	10:00-11:30am	begin yoga	registered
	10:00-11:30am	hot foundation	all level
	12:00-1:30 pm	yang / yin	all level
	4:00 - 5:30 pm	hot foundation	all level
	4:00 - 5:30 pm	meditation	all level
	6:00 - 7:30 pm	hot hatha	all level
	6:00 - 8:00 pm	partner yoga	registered
sunday	8:00 - 9:30 am	shanti	all level
	10:00-11:30am	hot foundation	all level
	12:00-1:30 pm	yin	all level
	4:00 - 5:30 pm	hot foundation	all level
	6:00 - 7:30 pm	hot hatha	all level
	8:00 - 9:30 pm	yang / yin (silent)	all level

