

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
MORNING	Easy Beginners //Kate 9-10 <i>with Lavender Towels</i>	Restorative Flow //Joe 9-10	Easy Beginners //Joe 9-10	Power Yoga Basics //Joe 9-10	Easy Beginners //Kate 9-10	Restorative Flow //Joe 9-10	Easy Beginners //Joe 9-10	
NOON	Power to Stretch //Kate 10:30-11:45 <i>with Lavender Towels</i>	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Kate 12-12:45	Power Flow 45 //Joe 12-12:45	Restorative Flow //Joe 10:30-11:30	
AFTERNOON		Restorative Flow //Joe 4:30-5:30	Power Yoga Basics //Joe 4:30-5:30	Easy Beginners //Joe 4:30-5:30	Easy Beginners //Kate 4:30-5:30	Easy Beginners //Joe 4:30-5:30		
EVENING		Easy Beginners //Joe 5:45-6:45	Restorative Flow //Crystal 6-7 <i>with music and Lavender Towels</i>	Power Yoga Basics //Kate 6-7	Restorative Flow //Kate 6-7			
	Hot UpTempo Flow //Joe 7-7:45							

Class Descriptions

Easy Beginners
 For brand new beginners or anybody looking for a slow-paced & gentle yoga class. Not hard and not hot!
Room Temp (20°)

Power Yoga Basics
 A slower version of Power Yoga, introducing the basics of power yoga.
Warm Room (23°)

Restorative Flow
 Starts as vinyasa flow and finishes with longer holds in hip openers and other restorative postures. Not your typical Restorative practice.
Mild Heat (up to 25°)

Power Yoga
 Our most challenging class, this Baptiste-style power yoga class links breath and movement to increase flexibility and strength.
Full Heat (up to 28°)

Power to Stretch
 45-minute Power flow with 30 minutes of deep stretching and rest afterwards.
Full Heat (up to 28°)

Power Flow 45
 Power Yoga in 45 minutes.
Full Heat (up to 28°)

Hot UpTempo Flow
 Extra hot and moves at a quicker pace than power flow.
Full Heat (up to 28°)

Canada Day

Monday, July 1st: Special Schedule 9 am Easy Beginners and 10:30 am Restorative Flow

Beach Yoga

Sunday, July 28th Port Maitland Beach Park with Crystal at 6:30pm • All Levels