

February, 2012
Hot Yoga



www.sunyoga.ca
785 Pacific Road, Unit 15
Oakville
905-469-3309

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			6:00 Kaja 60 H 7:30 Kaja 60 R	6:00 Ashley 60 F 7:30 Ashley 60 VF	4:15 Courtney 60 Teen 5:30 Devin 60 C	8:00 Jasna 60 C 9:30 Devin 60 F
5	6	7	8	9	10	11
10:00 Nadine 60 F	6:00 Amanda 60 H 7:30 Amanda 60 F	6:00 Kimberley 60 W 7:30 Barbara 60 VF	6:00 Kaja 60 H 7:30 Kaja 60 R	6:00 Ashley 60 F 7:30 Ashley 60 VF	4:15 Courtney 60 Teen 5:30 Devin 60 C	8:00 Mieka 60 HP 9:30 Mieka 60 F
12	13	14	15	16	17	18
10:00 Nadine 60 F	6:00 Iris 60 H 7:30 Iris 60 F	6:00 Kimberley 60 W 7:30 Barbara 60 VF	6:00 Kaja 60 H 7:30 Kaja 60 R	6:00 Ashley 60 F 7:30 Ashley 60 VF	4:15 Courtney 60 Teen 5:30 Devin 60 C	8:00 Mieka 60 HP 9:30 Mieka 60 F
19	20	21	22	23	24	25
10:00 Nadine 60 F	6:00 Amanda 60 H 7:30 Amanda 60 F	6:00 Kimberley 60 W 7:30 Barbara 60 VF	6:00 Kaja 60 H 7:30 Kaja 60 R	6:00 Iris 60 F 7:30 Iris 60 VF	4:15 Courtney 60 Teen 5:30 Devin 60 C	8:00 Jasna 60 C 9:30 Devin 60 F
26	27	28	29			
10:00 Nadine 60 F	6:00 Amanda 60 H 7:30 Amanda 60 F	6:00 Kimberley 60 W 7:30 Barbara 60 VF	6:00 Kaja 60 H 7:30 Kaja 60 R			

H Hatha Yoga: focus on alignment, breath and inner-intention while challenging your body.

F Flow classes connects various physical poses into energizing sequences, suitable for all levels.

HP Hot Pilates is an exercise technique designed to stretch, strengthen and balance the body.

R Yoga for runners and athletes will cover postures to keep injury away during training.

VF Vinyasa Flow - **Power Yoga**. For those of you who enjoy physical challenges. A vinyasa yoga flow that balances, energizes and invigorates. Deepening the conversation mind, body and spirit.

W Yoga with Weights classes tone, sculpt and lengthen every major muscle group in your body

C Community class - drop in \$8

Teen Yoga, instructor Courtney Rainville incorporates strengthening and heart opening postures that encourage self-awareness, clarity of mind, balance and positive intention.