



TORONTO YOGA CO.

SPRING 2019 SCHEDULE

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
AM CLASSES	<p>CORE FLOW 8:00AM-9:00AM</p> <p>BARRE 9:30AM-10:30AM</p> <p>SLOW FLOW 11:00AM-12:00PM</p> <p>YIN-YANG 12:30PM-1:30PM</p>	<p>BARRE 9:30AM-10:30AM</p> <p>SLOW FLOW 10:45AM-11:45AM</p>	<p>VINYASA FLOW W/ MEDITATION 9:30AM-10:30AM</p> <p>YOGA STRETCH & STRENGTHEN 10:45AM-11:45AM</p>	<p>CORE FLOW 9:30AM-10:30AM</p>	<p>MORNING FLOW 6:30AM-7:15AM</p> <p>HATHA FLOW 9:30AM-10:30AM</p>	<p>VINYASA FLOW 9:30AM-10:30AM</p>	<p>POWER FLOW 9:00AM-10:00AM</p> <p>BARRE 10:15AM-11:15AM</p> <p>VINYASA FLOW 11:30AM-12:30PM</p>
PM CLASSES		<p>CORE FLOW 5:45PM-6:45PM</p> <p>POP-UP! 7:00PM-8:00PM</p> <p>YIN YOGA 8:15PM-9:15PM</p>	<p>YIN-YANG 4:30PM-5:30PM</p> <p>SLOW FLOW 6:00PM-7:00PM</p> <p>VINYASA FLOW 7:30PM-8:30PM</p>	<p>VINYASA FLOW 5:45PM-6:45PM</p> <p>SLOW FLOW 7:00PM-8:00PM</p> <p>POP-UP! 8:15PM-9:15PM</p>	<p>POWER YOGA 4:30PM-5:30PM</p> <p>RESTORATIVE HATHA w/ AROMATHERAPY 6:00PM-7:00PM</p> <p>VINYASA FLOW 7:15PM-8:15PM</p>	<p>POP-UP! 6:00PM-7:00PM</p>	

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