



# YOGA TREE BAY & DUNDAS / APRIL SCHEDULE

	M	T	W	Th	Fri	Sat	Sun
7:15am	Vinyasa Flow L1-2  50m (Alex G.)	Core Yoga L1-2 50m (Bar)	Vinyasa Flow L1-2 50m (Shirley)	HIIT Yoga  50m (Heather L.)			
9:30am	Hot Yoga L1 60m (Sthitpragya)	R. Heat L1-2 60m (Sandy)	Hot Yoga L1-2 60m (Sthitpragya)	R. Heat L1-2 60m (Sandy)	Hot Yoga L1 60m (Sthitpragya)	<b>9:30am</b> Hot Yoga L1 60m (Carmen)	<b>9:30am</b> Hot Yoga L1-2 75m (Michelle F.)
11:45am	R. Heat L1-2 50m (Cheri)	Yin Yoga 60m (Ali)	R. Heat L1-2 50m (Cheri)	Hatha Flow L1 60m (Bar)	#TGIF Flow R. Heat  50m (Laura M.)	<b>10:00am</b> Core Yoga L1-2 60m (Aley O.)	<b>10:00am</b> Beginner's Yoga 60m (Monique)
12:15pm	Core Yoga L1-2  50m (Queenie)	Power Vinyasa Flow L1-2 50m (Kim H.)	Core Yoga L1-2  50m (Queenie)	Power Vinyasa Flow L1-2 50m (Kim H.)	Core Yoga L1-2 50m (Jelayna)	<b>11:15am</b> Detox Hot Yoga  L1-2 60m (Cheri)	<b>11:15am</b> Detox Hot Yoga L1-2 60m (Laura M.)
12:45pm	Hot Yoga L1-2 50m (Vanessa)	R. Heat L1-2  50m (Jonathan)	Vinyasa Flow L1-2 50m (Jelayna)	R. Heat L2  50m (Kaylyn)	Hot Yoga L1-2 50m (Vanessa)	<b>11:30am</b> Yoga Foundations 60m (Aley O.)	<b>*NEW CLASS*</b> <b>11:15am</b> Prenatal Yoga 60m (Tara)
1:15pm	Hatha Flow L1 50m (Shirley)	Core Yoga L1 50m (Kim H.)	Yin Yoga 60m (Heather C.)	Core Yoga L1 50m (Kim H.)	Hatha Flow L1 50m (Jelayna)	<b>12:30pm</b> Power Vinyasa Flow L1-2 60m (Cheri)	<b>12:30pm</b> HIIT Yoga  60m (Laura M.)
3:30pm	R. Heat L1-2 60m (Matt)	<b>ECONOMY \$10</b> R. Heat L1-2 60m (YTT Grad)	Core Yoga L1-2 60m (Irena P.)	<b>ECONOMY \$10</b> Hot Yoga L1-2 60m (YTT Grad)	R. Heat L1-2 60m (Irena P.)	<b>1:45pm</b> Gentle Hatha L1 60m (Bar)	<b>1:45pm</b> Hot Yoga L1  60m (Irena P.)
4:00pm	<b>ECONOMY \$10</b> Hatha Flow L1-2 60m (YTT Grad)						
4:15pm	Vinyasa Flow L1-2 50m (Shirley)	R. Heat Vinyasa Flow L1 -2  50m (Amanda D.)	Hatha Flow L1-2 50m (Shirley)	R. Heat Vinyasa Flow L1 -2  50m (Amanda D.)	Hatha Flow L1-2 60m (Michelle F.)		<b>2:00pm</b> <b>FREE</b> Community Vinyasa L1-2 – Sponsored by Lululemon 60m (YTT Grad)
4:45pm	Hot Yoga L1-2 60m (Sandy)	Hot Yoga L1 60m (Sthitpragya)	R. Heat L2 60m (Oliver)	Hot Yoga L1 60m (Sthitpragya)	R. Heat L1-2 60m (Darya)	<b>3:00pm</b> Flow and Let Go R. Heat L1-2 75m (Carmen)	<b>3:00pm</b> Flow and Let Go R. Heat  75m (Queenie)
5:15pm	Power Vinyasa Flow L2 60m (Jonathan)	R. Heat L2-3  75m (Queenie)	Power Vinyasa Flow L1-2 60m (Vanessa)	R. Heat L2-3  75m (Queenie)	Power Vinyasa Flow L1-2 60m (Jovian)	<b>4:30pm</b> Restorative Yoga 75m (Heather R.)	<b>4:30pm</b> Yin Yoga L1 75m (Patricia)
5:30pm	HIIT Yoga  50m (Amber)	Beginner's Yoga 50m (Aley O.)	R. Heat L1-2  60m (Jovian)	Beginner's Yoga 50m (Aley O.)	Core Yoga L1-2 60m (Oliver)	<b>5:00pm</b> Flow in the 6ix R. Heat  60m (Tara)	<b>5:00pm</b> R. Heat L2  60m (Queenie)
6:00pm	Hot Yoga L1 60m (Michelle F.)	Hot Yoga L1-2 60m (Heather L.)	Hot Yoga L1 60m (Michelle F.)	Hot Yoga L1-2 60m (Tara)	Hot Yoga L1 60m (Rose)	<b>6:15pm</b> R. Heat L2 60m (Jovian)	<b>5:30pm</b> Move & Meditate 60m (Angad)
6:30pm	Yoga Foundations 60m (Sthitpragya)	Yin Yoga 75m (Ali)	Yoga Foundations 60m (Rose)	Yin Yoga 75m (Ali)	Beginner's Yoga 60m (Dang)		
6:45pm	R. Heat L1-2  60m (Matt)	R. Heat L1-2  60m (Amanda D.)	R. Heat L2 60m (Oliver)	R. Heat L1-2  60m (Amanda D.)	Yin Yoga 75m (Shannon R.)		
7:15pm	Hot Yoga L1-2 60m (Michelle F.)	Hot Yoga L1 60m (Amber)	Hot Yoga L1-2 60m (Michelle F.)	Hot Yoga L1 60m (Amber)	Hot Yoga L1-2 60m (Oliver)		
8:00pm	Restorative Yoga 75m (Kate)	R. Heat L1-2 60m (Laura M.)	Yin Yoga 75m (Shelby)	R. Heat L1-2 60m (Alex G.)			
8:30pm	Hot Yoga L1 60m (Sandy)	<b>8:15pm</b> Rest + Restore 75m (Nadia)	Hot Yoga L1-2 60m (Laura M.)	<b>8:15pm</b> Rest + Decompress 75m (Kate)			

= Class set to music with lyrics



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\*\*\*Schedules are subject to change. For most updated version, please visit our website [www.yogatree.ca](http://www.yogatree.ca).



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# Membership Packages

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\* Packages may be used at all studios unless stated otherwise. Prices are subject to change without notice. 13% HST applicable to all packages. Packages will expire 1 year after activation. Clients may choose to reactivate their class card for one additional year for just \$50. Only one extension per class card package. The date of reactivation will begin either once the class card expires (if the class card is still active) or upon processing on MindBody (if the class card is already expired). All packages are non-transferable and non-refundable. Students/Seniors over 65 (with valid ID) receive 10% discount.

## DROP IN RATES

Regular	\$22.12
Student	\$17.70

## CLASS CARDS\*

Packages	Rates	\$/Class
10 CC	\$180	\$18.00
20 CC	\$320	\$16.00
50 CC**	\$720	\$14.40

\*\* 50 Class Cards can be shared with one other family member.

## REGISTERED MASSAGE THERAPY

30 Minutes.....	\$65.00
60 Minutes.....	\$100.00
90 Minutes.....	\$130.00

## HOLISTIC NUTRITION

Initial Assessment.....	\$75.00
Follow Up.....	\$40.00

\* Available at our Bay and Dundas Wellness Center

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