

Weekly Class Schedule

NOVEMBER 18 - NOVEMBER 24

SIGN UP
CONTACT
THE STUDIO
TO SIGN UP
FOR A CLASS

MONDAY
NO CLASSES

TUESDAY
2:30 PM - RESTORATIVE
4:30 PM - GENTLE HATHA
7 PM - HATHA

WEDNESDAY
NO CLASSES

THURSDAY
6:30 AM - VINYASA
10 AM - GENTLE HATHA
2:30 PM - RESTORATIVE
4:30 PM - GENTLE HATHA
7 PM - HATHA

FRIDAY
8 AM - VINYASA
10 AM - GENTLE HATHA
2:30 PM - YIN
7 PM - HATHA

SATURDAY
12 PM - HATHA
2:30 PM - VINYASA

SUNDAY
8 AM - VINYASA
11 AM - HATHA
2 PM - WORKSHOP

WWW.LIGHTROOTSYOGA.CA