

2026 MYO CLASSES SCHEDULE (Sep & Oct)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 - 11:00am	X	X	Healing Yoga Class 治療瑜珈(B)班	X	X	Healing Yoga Class 治療瑜珈(B)班	X
11:00 - 12:00pm	Healing Yoga Class 治療瑜珈(B)班	Flow & Wheel Yoga Class 動力輪瑜珈班 11:00 – 12:15PM	X	Myo-Flow Yoga Class 動力瑜珈(A)班	Myo-Yoba Dance Class 帶氣跳舞+瑜珈班	X	X
11:15 - 12:15pm	X		Chair Myo-Stretch Class 伸展復康班	X	X	Healing Yoga Class 治療瑜珈(B)班	X
2:00 – 3:00pm	X	X	X	X	X	X	Teachers Training Practicing
5:00 - 6:00pm	X	Yoga Therapy For BackCare 腰背護理班	X	X	X	X	
6:15 - 7:15pm	X	Yoga Therapy For BackCare 腰背護理班	X	Soft Kettlebell Strengthen Class 軟壺鈴肌力班	X	X	X
6:30 - 7:30pm	Strengthen Yoga Class 強化筋腱瑜珈班	X	Healing Yoga Class 治療瑜珈(B)班		X	X	X

Register Contact/ WhatsApp or Tel: 437-430-8823 (MYO) on Mon -Sat 10am to 6pm
Location: Suite 204 - 8791 Woodbine Avenue, Markham, ON L3R 0P4 (Woodbine & Apple Creek)

Chair Myo-Stretch Class /\$20 / Per Class / \$80 / 5 Classes

Healing Yoga (B) Class /\$20 / Per Class / \$80 / 5 Classes

Myo-Flow Yoga Class (A) /\$25 / Per Class / \$100 / 5 Classes ONLY 1 trial class at \$80 new students promo package

Myo-Yoba Dance (B) Class /\$15 / Per Class / \$60 / 5 Classes / \$100 / 10 Classes

Soft Kettlebell Strengthen Class /\$20 / Per Class / \$80 / 5 Classes

Strengthen Yoga Class /\$20 / Per Class / \$80 / 5 Classes

Flow & Wheel Yoga Class /\$22 / Per Class / \$90 / 5 Classes

Yoga Therapy For BackCare Class / \$25 / Per Class / \$100 / 5 Classes NOT include at \$80 new students promo package

