

# One Yoga Vernon

## 2909 30th Avenue Vernon, BC

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
		All abilities and novices	Some yoga experience required	Intermediate to advanced practice	Class is available on Zoom		
6:00 AM	Rise and Shine with Janine 🐾 60	Rise and Shine with Janine 🐾 60	Rise and Shine with Janine 🐾 60	Rise and Shine with Janine 🐾 60	Rise and Shine with Janine 🐾 60		
9:00 AM	Heart of Hatha with Shawn 🐾 75	Heart of Hatha with Shawn 🐾 75	Heart of Hatha with Shawn 🐾 75	Heart of Hatha with Shawn 🐾 75	Heart of Hatha with Shawn 🐾 75	Heart of Hatha with Shawn 🐾 75	Aptum Vinyasa with Dustin 🐾 75
Noon	Energy Boost with Shawn 🐾 50 <b>*1205pm Start</b>	Energy Boost with Shawn 🐾 50 <b>*1205pm Start</b>	Energy Boost with Shawn 🐾 50 <b>*1205pm Start</b>	Energy Boost with Shawn 🐾 50 <b>*1205pm Start</b>	Energy Boost with Shawn 🐾 50 <b>*1205pm Start</b>		Yin with Mandy 🐾 75
4:00 PM			Aptum Vinyasa with Dustin 🐾 60		Vinyasa with Ryan Leier on Zoom 🐾🐾 65		Just Dance with Tessa <b>*Postponed due to PHO Restrictions</b>
5:30 PM	Hatha Fusion with Deanna 🐾 60	Warrior Flow with Janine 🐾 60	Energy Flow with Khris 🐾 60	Warrior Flow with Janine 🐾 60			
7:00 PM	Slow Fusion with Deanna 🐾 75	Kundalini with Tessa 🐾 75	Yin with Khris 🐾 75	Yin with Janine 🐾 75			
	<b>Soothing Fusion</b>	<b>Restorative</b>	<b>Yin</b>	<b>Prana</b>	<b>Alignment</b>	<b>Awakening</b>	<b>Invigorating</b>

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