ÜPHORIA YOGA

WINTER 2021
SCHEDULE

2020 bc Parent SILVER WINNER FAMILY FAVOURITE

	MON	TUE	WED	THU	FRI	SAT	SUN
CLASSES						üwomb prenatal yoga 9am-10:15am	üwomb prenatal yoga 9-10am
adults							youngsters 6-12yrs old 10am-11am
prenatal			üplay parent + toddler yoga 10:15am-11:10am		müsic baby + toddler music 10:15am-11:10am		ümove hatha 10:15am-11:15pm
prenatal postnatal	übaby baby + me yoga 11am-12pm		füsion pre/postnatal yoga + fitness 11:30am-12:30pm		üfit pre/postnatal fitness 11:30am-12:30pm		family yoga all ages 11:30am-12:30pm
babies toddlers		üflow vinyasa flow w/ childminding option 12:15pm-1:15pm		üflow vinyasa flow w/ childminding option 12:15pm-1:15pm	friday 2pm onwards birthday party/ workshop booking	sat + sun 2pm onwards birthday party/workshops booking	
kids		preschoolers 3-5yrs old 4:30pm-5:30pm		youngsters 6-12yrs old 4:15pm-5:15pm			
family	üenergize power vinyasa 6:30pm-7:30pm	üwomb prenatal yoga 6pm-7:15pm	üenergize power vinyasa 6:30pm-7:30pm	üwomb prenatal yoga 6pm-7:15pm			
birthday workshop		ümove hatha 7:30pm-8:30pm	üchill yin 7:45pm-8:45pm	ümove hatha 7:30pm-8:30pm			