






OTTAWA ATHLETIC CLUB YOGA SCHEDULE - FALL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
HOT YOGA 6:30 60 minutes	HATHA YOGA 9:30 75 minutes	HOT YOGA 6:30 60 minutes	GENTLE YOGA 9:30  60 minutes	FLOW YOGA 10:30 60 minutes	BEGINNER YOGA 9:00  60 minutes	HOT POWER YOGA 9:00 60 minutes			
FLOW YOGA 10:30 60 minutes	HOT POWER YOGA 12:00 60 minutes	GENTLE FLOW YOGA 10:30 60 minutes	MOBILIBAL 10:45 60 minutes	BEGINNER YOGA 6:00  60 minutes	POWER YOGA 10:30 90 minutes	HOT YIN/YANG YOGA 10:30 90 minutes			
HATHA YOGA 12:00 60 minutes	HOT YOGA WITH TWIST OF CORE 4:30 60 minutes	HATHA YOGA 12:00 60 minutes	WARM FLOW YOGA 12:00 60 minutes	  <p>REGISTER FOR YOGA CLASSES ONLINE AT WWW.OTTAWAATHLETICCLUB.COM!</p> <p><i>*Instructors subject to change.</i></p>					
POWER YOGA 6:15 60 minutes	HOT CORE YOGA 6:15 60 minutes	MOBILIBAL 4:45 60 minutes	HOT YOGA 4:30 60 minutes						
YIN YOGA 7:30 75 minutes	HOT YIN YOGA 7:30 75 minutes	POWER FLOW YOGA 6:15 60 minutes	WARM YOGA 6:15 60 minutes						
							TUES. SEPT. 5TH - SUN. DEC. 17TH		