






OTTAWA ATHLETIC CLUB YOGA SCHEDULE - WINTER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>6:30</p> <p>HOT FLOW YOGA</p> <p>60 minutes</p>	<p>9:30</p> <p>HATHA YOGA</p> <p>75 minutes</p>	<p>6:30</p> <p>HOT FLOW YOGA</p> <p>60 minutes</p>	<p>9:30</p> <p>GENTLE YOGA</p>  <p>60 minutes</p>	<p>10:30</p> <p>FLOW YOGA</p> <p>60 minutes</p>	<p>9:00</p> <p>BEGINNER YOGA</p>  <p>60 minutes</p>	<p>9:00</p> <p>HOT POWER YOGA</p> <p>60 minutes</p>
<p>10:30</p> <p>FLOW YOGA</p> <p>60 minutes</p>	<p>12:00</p> <p>HOT POWER YOGA</p> <p>60 minutes</p>	<p>10:30</p> <p>GENTLE FLOW YOGA</p> <p>60 minutes</p>	<p>10:45</p> <p>MUSCLE RESTORE</p> <p>60 minutes</p>	<p>6:00</p> <p>BEGINNER YOGA</p>  <p>60 minutes</p>	<p>10:30</p> <p>POWER YOGA</p> <p>90 minutes</p>	<p>10:30</p> <p>HOT YIN/YANG YOGA</p> <p>90 minutes</p>
<p>12:00</p> <p>HATHA YOGA</p> <p>60 minutes</p>	<p>4:30</p> <p>HOT DETOX FLOW</p> <p>60 minutes</p>	<p>12:00</p> <p>HATHA YOGA</p> <p>60 minutes</p>	<p>12:00</p> <p>YIN/YANG YOGA</p> <p>60 minutes</p>	 <p>OTTAWA ATHLETIC CLUB <i>Since 1976</i></p>  <p>REGISTER FOR YOGA CLASSES ONLINE AT WWW.OTTAWAATHLETICCLUB.COM!</p> <p><i>*Instructors subject to change.</i></p>		
<p>6:15</p> <p>POWER YOGA</p> <p>60 minutes</p>	<p>6:15</p> <p>HOT FLOW YOGA</p> <p>60 minutes</p>	<p>4:45</p> <p>MUSCLE RESTORE</p> <p>60 minutes</p>	<p>4:30</p> <p>HOT FLOW YOGA</p> <p>60 minutes</p>			
<p>7:30</p> <p>YIN YOGA</p> <p>75 minutes</p>	<p>7:30</p> <p>HOT YIN YOGA</p> <p>75 minutes</p>	<p>6:15</p> <p>POWER FLOW YOGA</p> <p>60 minutes</p>	<p>6:15</p> <p>HATHA YIN YOGA</p> <p>60 minutes</p>			

TUE. JAN. 2ND - SUN. MAR. 18TH