






OTTAWA ATHLETIC CLUB YOGA SCHEDULE - SPRING 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>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> | | | |

MON. MARCH 19 - SUN. MAY 20