



YOGA TREE BAY & DUNDAS / SEPTEMBER SCHEDULE

	M	T	W	Th	Fri	Sat	Sun
7:15am	Vinyasa Flow L1-2 50m (Alex G.)	Core Yoga L1-2 50m (Bar)	Vinyasa Flow L1-2 50m (Shirley)	HIIT Yoga 50m (Heather L.)			
9:30am	Hot Yoga L1 60m (Sthitpragya)	R. Heat L1-2 60m (Sandy)	Hot Yoga L1-2 60m (Sthitpragya)	R. Heat L1-2 60m (Sandy)	Hot Yoga L1 60m (Sthitpragya)	9:30am Hot Yoga L1 60m (Carmen)	9:30am Hot Yoga L1-2 75m (Michelle F.)
11:45am	R. Heat L1-2 50m (Cheri)	Yin Yoga 60m (Ali)	R. Heat L1-2 50m (Cheri)	Hatha Flow L1 60m (Bar)	#TGIF Flow R. Heat 50m (Laura M.)	10:00am Core Yoga L1-2 60m (Aley O.)	10:00am Beginner's Yoga 60m (Monique)
12:15pm	Core Yoga L1-2 50m (Queenie)	Power Vinyasa Flow L1-2 50m (Kim H.)	Core Yoga L1-2 50m (Queenie)	Power Vinyasa Flow L1-2 50m (Kim H.)	Core Yoga L1-2 50m (Jelayna)	11:15am Detox Hot Yoga L1-2 60m (Cheri)	11:15am Detox Hot Yoga L1-2 60m (Laura M.)
12:45pm	Hot Yoga L1-2 50m (Vanessa)	R. Heat L1-2 50m (Jonathan)	Vinyasa Flow L1-2 50m (Jelayna)	R. Heat L2 50m (Kaylyn)	Hot Yoga L1-2 50m (Vanessa)	11:30am Yoga Foundations 60m (Aley O.)	*NEW CLASS* 11:15am Prenatal Yoga 60m (TBA)
1:15pm	Hatha Flow L1 50m (Shirley)	Core Yoga L1 50m (Kim H.)	Yin Yoga 60m (Heather C.)	Core Yoga L1 50m (Kim H.)	Hatha Flow L1 50m (Jelayna)	12:30pm Power Vinyasa Flow L1-2 60m (Cheri)	12:30pm HIIT Yoga 60m (Laura M.)
3:30pm	R. Heat L1-2 60m (Matt)	ECONOMY \$10 R. Heat L1-2 60m (YTT Grad)	Core Yoga L1-2 60m (Irena P.)	ECONOMY \$10 Hot Yoga L1-2 60m (YTT Grad)	R. Heat L1-2 60m (Irena P.)	1:45pm Gentle Hatha L1 60m (Bar)	1:45pm Hot Yoga L1 60m (Irena P.)
4:00pm	ECONOMY \$10 Hatha Flow L1-2 60m (YTT Grad)						
4:15pm	Vinyasa Flow L1-2 50m (Shirley)	R. Heat Vinyasa Flow L1 -2 50m (Amanda D.)	Hatha Flow L1-2 50m (Shirley)	R. Heat Vinyasa Flow L1 -2 50m (Amanda D.)	Hatha Flow L1-2 60m (Michelle F.)		2:00pm FREE Community Vinyasa L1-2 – Sponsored by Lululemon 60m (YTT Grad)
4:45pm	Hot Yoga L1-2 60m (Sandy)	Hot Yoga L1 60m (Sthitpragya)	R. Heat L2 60m (Oliver)	Hot Yoga L1 60m (Sthitpragya)	R. Heat L1-2 60m (Darya)	3:00pm Flow and Let Go R. Heat L1-2 75m (Carmen)	3:00pm Flow and Let Go R. Heat 75m (Queenie)
5:15pm	Power Vinyasa Flow L2 60m (Jonathan)	R. Heat L2-3 75m (Queenie)	Power Vinyasa Flow L1-2 60m (Vanessa)	R. Heat L2-3 75m (Queenie)	Power Vinyasa Flow L1-2 60m (Jovian)	4:30pm Restorative Yoga 75m (Heather R.)	4:30pm Yin Yoga L1 75m (Shelby)
5:30pm	HIIT Yoga 50m (Amber)	Beginner's Yoga 50m (Aley O.)	R. Heat L1-2 60m (TBA)	Beginner's Yoga 50m (Aley O.)	Core Yoga L1-2 60m (Oliver)	5:00pm Flow in the 6ix R. Heat 60m (Meg)	5:00pm R. Heat L2 60m (Queenie)
6:00pm	Hot Yoga L1 60m (Michelle F.)	Hot Yoga L1-2 60m (Heather L.)	Hot Yoga L1 60m (Michelle F.)	Hot Yoga L1-2 60m (TBA)	Hot Yoga L1 60m (Rose)	6:15pm R. Heat L2 60m (Jovian)	5:30pm Move & Meditate 60m (Angad)
6:30pm	Beginner's Yoga 60m (TBA)	Yin Yoga 75m (Ali)	Yoga Foundations 60m (Rose)	Yin Yoga 75m (Heather C.)	Beginner's Yoga 60m (Dang)		
6:45pm	R. Heat L1-2 60m (Matt)	R. Heat L1-2 60m (Amanda D.)	R. Heat L2 60m (Oliver)	R. Heat L1-2 60m (Amanda D.)	Yin Yoga 75m (Shannon R.)		
7:15pm	Hot Yoga L1-2 60m (Michelle F.)	Hot Yoga L1 60m (Amber)	Hot Yoga L1-2 60m (Michelle F.)	Hot Yoga L1 60m (Amber)	Hot Yoga L1-2 60m (Oliver)		
8:00pm	Restorative Yoga 75m (Kate)	R. Heat L1-2 60m (Laura M.)	Yin Yoga 75m (Shelby)	R. Heat L1-2 60m (Alex G.)			
8:30pm	Hot Yoga L1 60m (Sandy)	8:15pm Restorative Yoga 75m (TBA)	Hot Yoga L1-2 60m (Laura M.)	8:15pm Rest + Decompress 75m (Kate)			

= Class set to music with lyrics



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***Schedules are subject to change. For most updated version, please visit our website www.yogatree.ca.



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YONGE & EGLINTON – 40 Eglinton Avenue E, 8th Floor – 416.322.9642
RICHMOND HILL – 360 Highway 7 E, Unit 1 – 905.882.9642

VAUGHAN – 9141 Keele Street – 905.553.8733
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* Packages may be used at all studios unless stated otherwise. Prices are subject to change without notice. 13% HST applicable to all packages. Packages will expire 1 year after activation. Clients may choose to reactivate their class card for one additional year for just \$50. Only one extension per class card package. The date of reactivation will begin either once the class card expires (if the class card is still active) or upon processing on MindBody (if the class card is already expired). All packages are non-transferable and non-refundable. Students/Seniors over 65 (with valid ID) receive 10% discount.

DROP IN RATES

Regular \$22.12
Student \$17.70

CLASS CARDS*

Packages	Rates	\$/Class
10 CC	\$180	\$18.00
20 CC	\$320	\$16.00
50 CC**	\$720	\$14.40

** 50 Class Cards can be shared with one other family member.

REGISTERED MASSAGE THERAPY

30 Minutes..... \$65.00
60 Minutes..... \$100.00
90 Minutes..... \$130.00

HOLISTIC NUTRITION

Initial Assessment..... \$75.00
Follow Up..... \$40.00

* Available at our Bay and Dundas Wellness Center

BAY & DUNDAS
123 Dundas St. W.
416.205.9642

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