

south granville



time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00 – 7:00	Flow	Flow	Flow	Flow	Flow		
8:30 – 9:30	Flow	Yin	Flow	Yin	Flow	Yin	Flow
9:45 – 11:00	Hatha	Flow	Hatha	Flow	Hatha		
10:00 – 11:30						Flow Intermediate	Hatha
12:00 – 1:00	Power	Power	Power	Power	Power	Power	Foundation Power
1:15 – 2:30	Anusara Inspired	Flow	Anusara Inspired	Flow	Anusara Inspired	Restorative	Flow
2:45 – 3:45	Pilates	Hatha	Pilates	Hatha	Pilates	Hatha By Donation	Pilates
4:00 – 5:15	Hatha	Power	Hatha	Power	Hatha	Power	Hatha
5:30 – 6:45	Flow	Foundation Flow	Flow	Flow	Flow	Flow	Flow
7:00 – 8:15	Power	Hatha	Power	Hatha	Power	Yin	Power
8:30 – 9:45	Yin	Yin (90 min)	Yin	Yin (90 min)	Yin		Restorative
10:00 – 11:00	Flow		Flow				

Please note that schedule is subject to change. See website for current daily schedules.