



class descriptions

YHot

Following the YYoga hot sequence of static postures, the room is heated to 40°C for deep stretching and a detoxifying sweat. Ideal for beginners and all levels.

Flow

A faster paced class that uses a sequence of breath-synchronized movements to transition between poses. All levels.

Power

An energetic flow class heated to 32°C that that builds on intensity and stamina to build flexibility, strength and core stability. Beginners will be challenged; all levels.

Hatha

A gentle practice where poses are introduced at a slow pace in order to gain correct posture alignment. Ideal for beginners and all levels.

Core

Non-impact movements that focus on core stability, strength and coordination. Beginners will be challenged; all levels.

Yin

This meditative slow-paced class focuses on passive, long stretches. Ideal for beginners; all levels.

Kids

Fun and imaginative, this class helps children build strength, flexibility, coordination and concentration through basic postures and games. Ages 4-11.

	M	T	W	Th	F	Sat	Sun
6:30 – 7:30	YHot	YHot	YHot	YHot	YHot		
8:00 – 9:15						YHot	YHot
8:30 – 9:45						Hatha	Hatha
9:30 – 10:45	YHot	YHot	YHot	YHot	YHot	YHot	YHot
10:00 – 11:15	Flow	Flow	Flow	Flow	Flow	Flow	Flow
12:15 – 1:15	YHot	YHot	YHot	YHot	YHot	YHot	YHot
1:30 – 2:45	Hatha	Hatha	Hatha	Hatha	Hatha	Hatha	Hatha
4:00 – 5:00	Power	Power	Beginner Power	Power	Power Kids	Power	Beginner Power
5:15 – 6:15	YHot	YHot	YHot	YHot	YHot	YHot	YHot
5:30 – 6:30	Flow	Hatha	Flow	Hatha	Flow	Hatha	Flow
6:30 – 7:45	Power	Power	Power	Power	Power	Power	Power
7:00 – 8:00	Hatha	Core	Hatha	Core	Hatha	Core	Hatha
8:00 – 9:15	YHot	YHot	YHot	YHot	YHot	YHot	YHot
8:15 – 9:15	Power	Beginner Power	Power	Power	Power	Yin (75 min)	Yin (75 min)
9:30 – 10:30	YHot	YHot	YHot	YHot	YHot		
9:30 – 10:45	Yin	Yin	Yin	Yin	Yin		

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

Schedule effective July 5th

#102-7731 Alderbridge Way • Richmond
604.821.0888 • richmond@yyoga.ca

yyoga.ca

