



# Mindful Movements Studio

## *Yoga · Fitness · Lifestyle*

Class Schedule • Feb. 3 - June 28, 2020 (21 Weeks) • It's NEVER too late to join us!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am <b>HOT Yoga</b> Power + Peace Flow 60min ☾	6:15am <b>Group Training</b> <b>Infrared</b> <b>Movement</b> <b>Medley</b> 45min ★	6:00am Mindful Mixer 60min ☾	6:15am <b>Group Training</b> <b>GTS + MOTR</b> <b>Strength · Balance</b> <b>Core</b> 45min ★	6:00am <b>HOT Yoga</b> Warrior Flow 60min ☾	8:30am <b>HOT Yoga</b> Warrior Flow 60min ☾	9:00am Yin Yoga 60min ☾
9:30am Pilates Energy Flow 60min ☾	8:30am <b>Group Training</b> <b>GTS + MOTR</b> <b>Strength · Balance</b> <b>Core</b> 45min ★	6:00am <b>Group Training</b> <b>Infrared</b> <b>Movement</b> <b>Medley</b> 45min ★	8:45am <b>Group Training</b> <b>SUPER SET</b> 45min ★	9:30am Sweet Flow + Restorative Yoga 60min ☾	8:45am <b>FUEL</b> 60min ☾	
12:15pm Yoga Power + Peace Flow 40min ✱	9:30am <b>Therapeutic GTS</b> <b>Movement +</b> <b>Strength</b> 45min ★	9:30am Yin Yoga 60min ☾	9:30am Thera Yoga 60min ☾	10:30am <b>Therapeutic GTS</b> <b>Movement +</b> <b>Strength</b> 45min ★	9:45am <b>HOT Hatha Yoga</b> + Meditation 60min ☾	
12:15pm <b>Group Training</b> <b>Super Set</b> 45min ★	12:00pm <b>Therapeutic GTS</b> <b>Movement +</b> <b>Strength</b> 45min ★	12:15pm <b>HOT Yoga</b> Chakra Flow 40min ✱	12:00pm Cross Training Camp 30min ✱	12:00pm Happy Cycle RealRyder® 30min ✱	<b>Buy your Pass • Come to Class</b> (No pre-booking necessary)	
4:30pm <b>HOT Yoga</b> Warrior Flow 60min ☾	12:00pm Happy Cycle RealRyder® 30min ✱	4:30pm <b>HOT Yoga</b> Power + Peace Flow 60min ☾	12:30pm Hatha Yoga + Meditation 30min ✱	12:30pm Yin Yoga 30min ✱	<b>Unlimited Sky Pass</b> Get unlimited access to ALL ☾ classes.	
4:45pm Sweet Flow + Restorative Yoga 60min ☾	12:00pm Pilates Energy Flow 30min ✱	4:45pm Pilates Energy Flow 45min ☾	4:30pm Yin Yoga 60min ☾	12:15pm <b>Group Training</b> <b>Infrared</b> <b>Movement</b> <b>Medley</b> 45min ★	<b>Unlimited Combo Pass</b> Get unlimited access to ALL ☾ + ✱ classes.	
5:45pm <b>HOT Yoga</b> Ashtanga 60min ☾	12:30pm Thera Yoga 30min ✱	5:45pm <b>HOT Yoga</b> Chakra Flow 60min ☾	5:00pm <b>Group Training</b> <b>GTS Precision</b> <b>Pilates</b> 45min ★	4:15pm <b>Group Training</b> <b>Infrared</b> <b>Movement</b> <b>Medley</b> 45min ★	<b>Unlimited Lunch Express Pass</b> Get unlimited access to ALL ✱ classes.	
7:00pm <b>HOT Hatha Yoga</b> + Meditation 60min ☾	4:00pm <b>Group Training</b> <b>SUPER SET</b> 45min ★	7:00pm <b>HOT Yoga</b> Ashtanga 60min ☾	New 6:00pm Athletic Edge Yoga 60min ☾	5:00pm Sweet Flow + Restorative Yoga 60min ☾	<b>One Class a Week Pass</b> Get one class a week for ☾ or ✱ classes.	
 Enjoy a refreshing lemongrass cold cloth after ALL our <b>HOT Yoga Classes.</b>	5:00pm <b>Group Training</b> <b>SUPER SET</b> 45min ★	<b>New to Mindful Movements?</b> We would love to meet you and tour you through the studio. A free consultation will guide you to choose the best classes or program for you. Interested? Email: <a href="mailto:kym@mindfulmovements.ca">kym@mindfulmovements.ca</a>			<b>Group Training</b> Choose ★ (Limited Space) Prebook	
	5:30pm Yin Yoga 60min ☾	<b>Studio Closures</b> Mon. Feb. 17/20 Family Day Apr. 10/20 Good Friday Apr. 12/20 Easter Sunday Mon. May 18/20 Victoria Day			<b>Military Special Available</b> ✱ <b>First Responders' Special Available</b> ✱ <b>Student Special Available</b> 📖 For more info regarding our classes, class descriptions, teachers or pricing visit our website.	

