Timetable

Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:30AM **Slow Flow**	6:30AM **Vinyasa Flow**	6:15AM **Hatha Vinyasa**	6:15AM **Flow to Yin**	6:00AM **Vinyasa Flow**	7:00AM **Movement & Mobility**	9:00AM **Power Flow**
4:45PM **Vinyasa Flow**	9:30AM **Slow Flow**	9:30AM **Vinyasa Flow**	9:15AM **Hatha**	9:30AM **Flow to Yin**	8:15AM **Awakening Yoga**	4:30PM **Flow to Yin**
6:15PM **Mellow Flow**	4:30PM **Flow to Yin**	4:45PM **Power Flow**	6:00PM **Vinyasa Flow**	6:00PM **Deep Flow**	9:30AM **Deep Stretch**	
7:30PM **Yin**	6:00PM **Awakening Yoga**	6:15PM **Mellow Flow**				
	7:15PM **Yin & Meditation**					

How to prepare for a class

Arrive Early

We kindly ask that you arrive at least 10 minutes before class starts so you can settle in and we can set up the space comfortably for everyone—our studio holds 35 students.

To honour the experience of everyone in the room, we begin each class on time and don't allow late entries. If the blue doors are closed, it means class is in session—thank you for understanding.

Parking

There's plenty of street parking available on Stirling Street and surrounding streets. Some spots are paid and others are free—just check the signs before you park.

What to Bring

If you have a mat, please bring it along, along with a water bottle and a towel. We do have mats available, but numbers are limited.

Studio Etiquette

Come as you are, with intention and care. We ask that you respect the space, your fellow students, and yourself. This is a community space where we support one another's growth—let's continue to treat it with love and kindness.

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