

OTTAWA ATHLETIC CLUB YOGA SCHEDULE - WINTER 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------------|---------------------------------------|---|---------------------------------------|---|-------------------------------------|--|
| HOT FLOW YOGA 6:30 60 minutes | HATHA YOGA 9:30 75 minutes | HOT FLOW YOGA 6:30 60 minutes | GENTLE YOGA 9:30 60 minutes | FLOW YOGA 10:30 60 minutes | BEGINNER YOGA 9:00 60 minutes | HOT POWER YOGA 9:00 60 minutes |
| FLOW YOGA 10:30 60 minutes | HOT POWER YOGA 12:00 60 minutes | GENTLE FLOW YOGA 10:30 60 minutes | MUSCLE RESTORE 10:45 60 minutes | BEGINNER YOGA 6:00 60 minutes | POWER YOGA 10:30 90 minutes | HOT YIN/YANG YOGA 10:30 90 minutes |
| HATHA YOGA 12:00 60 minutes | HOT DETOX FLOW 4:30 60 minutes | HATHA YOGA 12:00 60 minutes | YIN/YANG YOGA 12:00 60 minutes |   | | |
| POWER YOGA 6:15 60 minutes | HOT FLOW YOGA 6:15 60 minutes | MUSCLE RESTORE 4:45 60 minutes | HOT FLOW YOGA 4:30 60 minutes | | | |
| YIN YOGA 7:30 75 minutes | HOT YIN YOGA 7:30 75 minutes | POWER FLOW YOGA 6:15 60 minutes | HATHA YIN YOGA 6:15 60 minutes | <p>REGISTER FOR YOGA CLASSES ONLINE AT WWW.OTTAWAATHLETICCLUB.COM!</p> <p><i>*Instructors subject to change.</i></p> <p>TUE. JAN. 2ND - SUN. MAR. 18TH</p> | | |