

HARBOUR HOUSE YOGA CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00 am		Sattva Foundation (Ainsley)		SATTVA Foundation (Ainsley)			
8:00 am	All-Levels SATTVA (Ainsley)	All-Levels SATTVA (Jen)	All-Levels SATTVA (Yvette)	All-Levels SATTVA (Jen)	All levels SATTVA (Marie)		
9:00 am						Vinyasa flow (Alina)	
9:30 am	All-Levels SATTVA (Ainsley)	All-Levels SATTVA (Jen)	All-Levels SATTVA (Yvette)	All-Levels SATTVA (Jen)	SATTVA all-Levels (Yvette)		
10:00 am							All-Levels SATTVA (Jen)
10:30 am						Vinyasa flow (Alina)	
11:00 am		SATTVA foundation (Ainsley)					
5:00 pm		Vinyasa flow (Carolyn)					
5:30 pm	Ashtanga style flow (Yoh)		Yin/Yang (Mary)	All Levels SATTVA (Yvette)	SATTVA All-levels (Yvette)		
7:00 pm	Restorative (Yoh)		Yin/Restorative (Mary)	SATTVA Restorative (Yvette)			

