



Yoga Schedule

Ongoing

Updated Sept 6, 2024

For class dates and exceptions visit: www.heaven-onearth.ca/yoga-classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 AM		Hatha Basics with Kim <i>For all Levels</i>			TRX, Ball & Yoga with Karen <i>Core conditioning</i>
10:30-11:30 AM	TRX, Ball & Yoga with Karen <i>Core conditioning</i>				
4:00-5:00 PM			Gentle Flow & Rest with Trish <i>For all Levels</i>		
6:00-7:00 PM	TRX & Yoga with Don		Yin Yoga with Don		
7:30-8:30 PM	Hatha Basics with Kim <i>For all Levels</i>				

Class Fees including HST		
5-Class Pack:	Yoga: \$100	TRX, BALL & Yoga: \$120
10-Class Pack:	Yoga: \$180	TRX, BALL & Yoga: \$220
Single Class:	\$30	

Terms & Conditions: Class Packages are to be used up within the period you committed to attending when you purchased the package. No transfers/refunds. Schedule/fees may be subject to change.

Live your best life. Do yoga.

Heaven on Earth & Integrated Health – Osteopathy Yoga Wellness, 188 Green Mountain Rd E, Stoney Creek, ON L8J 3A4

www.heaven-onearth.ca | admin@heaven-onearth.ca | 905.664.9099