

FREE SPIRIT YOGA & PILATES

Email: freespirtiyoga@shaw.ca Website: www.freespirtiyoga.ca

Rockridge Studio: 13354 237 A. St. Maple Ridge. V4R 2V9

Thornhill Studio: 26098 102 Ave. East Maple Ridge V2W 1K4

Winter 2012 Schedule

Phone 604-463-0346 or 604- 807-7512

MONDAY

8:50-9:20 am TRX Express

9:30-10:45 am Hatha Yoga (start of the week full body tune up)

7:00-8:15 pm Infrared Hot Yoga

TUESDAY

10:30-11:45 am Gentle Therapeutic Yoga (beginner & pre natal friendly)

1:00-2:00 pm Private session Therapeutic Yoga

7:00-8:15 pm Hatha Yoga (beginner & pre natal friendly)

7:15-8:30 pm Yoga / Pilates *Virginia* (this set ends March 13) THORNHILL

WEDNESDAY

8:50-9:20 am TRX Express

9:30- 10:30 am Yoga/Pilates/Core

3:30-4:30 pm Private session family yoga

5:45 – 6:45 pm TRX / Pilates fusion (April 4 – 25 \$40 & hst)

7:00-8:15 pm Therapeutic Yoga (pain & injury management) (March 14 – 28 \$36 & hst)

THURSDAY

9:30-10:45 am Infrared Hot Yoga

6:00-6:50 pm TRX level 1 & 2

7:00-8:15 pm Yin Yoga slow deep stretch (beginner & pre natal friendly)

FRIDAY

9:10-9:40 am TRX Express

9:45-10:45 am Hatha Flow Yoga *Sara* (beginners welcome)

7:00-8:15 pm Partner Yoga (March 16 – 23 \$24 & hst) THORNHILL

SATURDAY

9:00-5:00 pm 200 hour level Yoga Teacher Training

9:30-10:30 am Orientation to TRX Suspension training (Mar 24 & 31 \$24 & hst)

SUNDAY

9:00-5:00 pm 200 hour level Yoga Teacher Training

12 – 2:30 pm Introduction to Thai massage *Mia Blackwell* April 29 \$25 & hst THORNHILL