

LIVE360 Yoga Schedule

Yoga Schedule

LIVEYOGA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM	HATHA YOGA w/ NIKKI PAUWELS 9:30-11:00		ANUSARA-INSPIRED YOGA w/ MINDY MENARD 9:30-11:00	HATHA YOGA w/ NIKKI PAUWELS 9:30-11:00		YOGAFIT w/ WHITNEY MAH 10:00-11:00
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM		ANUSARA-INSPIRED YOGA w/ MINDY MENARD 12:15PM-12:55PM	ALL LEVELS CROSS-DISCIPLINARY YOGA w/ TAMIKA SCHILBE 12:00-1:00	YOGAFIT w/ WHITNEY MAH 12:15-12:55 PM		
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM		YOGA FOR ATHLETES /w WHITNEY MAH 5:30-6:30	ZEN ON WHEELS w/ WHITNEY MAH 5:30-6:30			
6:00 PM						
6:30 PM						
7:00 PM	ALL LEVELS CROSS-DISCIPLINARY YOGA w/ TAMIKA SCHILBE 7:00-8:30	ANUSARA-INSPIRED YOGA w/ MINDY MENARD 7:00-8:30	HATHA YOGA w/ ERIN VAN ELSANDER 7:00-8:30	ANUSARA-INSPIRED YOGA Level I & II w/ MINDY MENARD 7:00-8:30		
7:30 PM						
8:00 PM						

** All schedules subject to change. For most up-to-date version, please check out: <http://www.live360.ca>