



FULL CLASS *schedule*

TIME	MON	TUE	WED	THU	FRI	SAT
6:00 AM	Heated Pilates		Heated Pilates			
7:00 AM		Power Yoga		Yoga Barre Fusion	Yoga Sculpt	7:00 AM Heated Power Yoga
9:00 AM						9:00am Zumba with Taiy
5:00 PM	Stretch and Strength	Yoga Pilates Fusion	Beginner Barre	Power Yoga	Yoga Pilates Fusion	10:30am HIIT Dance
6:00 PM	Beginner Ballet Barre	26/2 Heated Yoga	Advanced Barre	All Levels Yoga	Reformer Fusion	5:00pm Heated Power Yoga
7:00 PM	Heated All Levels Yoga	Yoga Sculpt	Advanced Yoga	Restorative Yoga with Singing Bowls	Yin Yoga	6:00pm Heated Gentle Yoga
7:30 PM			Heated Yoga Barre Fusion			
8:00PM	Restorative Yoga			Candlelight Yoga		

The calendar is subject to change. For the most up-to-date schedule, please check the Mindbody app or visit sweetpeafusionstudio.ca