



# 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 <b>Heated</b> 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 <b>Heated</b> Yoga	Advanced Barre	All Levels Yoga	Reformer Fusion	5:00pm <b>Heated</b> Power Yoga
7:00 PM	<b>Heated</b> All Levels Yoga	Yoga Sculpt	Advanced Yoga	Restorative Yoga with Singing Bowls	Yin Yoga	6:00pm <b>Heated</b> Gentle Yoga
7:30 PM			<b>Heated</b> 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](http://sweetpeafusionstudio.ca)