



FULL CLASS *schedule*

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:30 AM	Yoga Sculpt	Pre/Postnatal Yoga	Power Yoga	Baby & Me Dance	Yoga Barre Fusion	Family Yoga	
9:00 AM	Morning Stretch	Yin Yoga	All Levels Yoga	Restorative Yoga	Morning Stretch	Zumba with Taiy	HIIT Dance
10:30 AM	-	-	-	-	-	Pre/Postnatal Yoga	Power Yoga
5:00 PM	Stretch and Strength Barre	Yoga Pilates Fusion	Beginner Barre	Power Yoga	Mat Pilates	-	-
6:00 PM	Beginner Barre	Reformer Fusion	Advanced Barre	HIIT Dance	Yoga Pilates Fusion	Restorative Yoga	All Levels Yoga
7:00 PM	Yoga Sculpt	Pre/Postnatal Yoga	Restorative Yoga with Singing Bowls	Restorative Yoga with Singing Bowls	Yin Yoga	All Levels Yoga	Restorative Yoga
8:00 PM	Restorative Yoga	Restorative Yoga	Evening Stretches	Candlelight Yoga Flow	-	-	-

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