

monday

6:00 am  
Warm Sunrise Yoga

9:30 am  
Hot Flow & Yin

10:00 am  
Akhanda Yoga Flow

11:30 am  
Gentle Yoga

12:00 pm  
Hot Yoga Flow

4:30 pm  
Hot Yoga Flow

6:00 pm  
Yoga & Sound Bliss

6:00 pm  
Hot Inspired Flow

7:30 pm  
Warm Yin

9:00 pm  
Warm Yin & Nidra

tuesday

6:00 am  
Warm Sunrise Yoga

9:30 am  
Yoga Flow

9:30 am  
Hot Yoga Flow

11:00 am  
Mom & Baby Yoga

12:00 pm  
Hot Flow & Yin

4:30 pm  
Warm Yoga Flow

6:00 pm  
Hot Yoga Core

7:30 pm  
Warm Yin

wednesday

6:00 am  
Warm Sunrise Yoga

9:30 am  
Hot Yoga Flow

10:00 am  
Yoga Flow

12pm  
Warm Hip Opening  
Flow

1:30pm  
Yoga Nidra

4:30 pm  
Hot Yoga Flow

6:00 pm  
Warm Slow Flow

7:30 pm  
Hot Yoga Flow

9:00 pm  
Hot Yin

thursday

6:00 am  
Warm Sunrise Yoga

9:30 am  
Yoga Flow

9:30 am  
Hot Yoga Flow

11:00 am  
Mom & Baby Yoga

12:00 pm  
Hot Flow & Yin

12:30 pm  
Gentle Yoga

4:30 pm  
Warm Yoga Flow

6:00 pm  
Hot Hip Opening

6:00 pm  
Yoga for Pregnancy

7:30 pm  
Gentle Flow & Restore

7:30 pm  
Warm Lunar Flow

9:00 pm  
Hot Yin

friday

6:00 am  
Warm Ashtanga  
Inspired

9:30 am  
Hot Yoga Flow

10:00 am  
Pranic Flow

12:00 pm  
Yin & Nidra

4:30 pm  
Hot Yoga Flow

6:00 pm  
Warm Flow & Yin

7:30 pm  
Hot Yoga Flow

saturday

9:00 am  
Yoga Core

10:30 am  
Hot Yoga Flow

12:00 pm  
Warm Core & Yin

1:30 pm  
Hot Yin

Weekend  
afternoons:

Yoga Workshops,  
Retreats & Yoga  
Teacher Trainings

view on the events  
page of our  
website!

sunday

9:00 am  
Warm Core & Yin

10:30 am  
Hot Yoga Core

12:00 pm  
Hot Hip Opening  
Flow

1:30 pm  
Warm Yin Yoga

6:00 pm  
Hot Yoga Flow

7:30 pm  
Hot Yin

7:30 pm  
Yoga for Beginners



prana  
yoga studio



\*schedule is subject to change\* please view the live schedule on our website for up to date classes and to sign up: [www.pranayogastudio.ca](http://www.pranayogastudio.ca)

book a class



s c h e d u l e  
I N S T U D I O C L A S S E S

PLEASE NOTE: Some Earth Room class times will change or pause during Summer Training July 14-August 8

new student special: 30 days of unlimited yoga \$69