

Barrhaven Yoga Class Schedule January 2, 2012— April 30, 2012

Monday	Class	Instructor	Level
10:30-11:30am	Hatha	Eryn	Beginner/All Levels
5:30-6:30pm	Vinyasa	Eryn	All Levels
6:45-7:45pm	Yoga For Hips	Eryn	Beginner/All Levels
8:00-9:00pm	Core Strength	Viktoria	All Levels
Tuesday	Class	Instructor	Level
12:00-1:00pm	Gentle Yoga	Eric	Beginner/All Levels
6:45-7:45pm	Hatha	Terri	Beginner/ All Levels
8:00-9:00pm	Goodnight Hatha	Terri	Beginner/ All Levels
Wednesday	Class	Instructor	Level
10:30-11:30am	Hatha	Eryn	Beginner/All Levels
5:30-6:30pm	Yin [Deep Stretch]	Jessica	Beginner/All Levels
6:45-7:45pm	Intro to Yoga *Preregister	Eryn	Beginner/All Levels
8:00-9:00pm	Vinyasa Intermediate	Eryn	Intermediate
Thursday	Class	Instructor	Level
6:45-7:45pm	Hatha	Eryn	Beginner/All Levels
8:00-9:00pm	Gentle Stretch	Eryn	Beginner/All Levels
Friday	Class	Instructor	Level
10:30-11:30am	50+/Seniors	Eryn	Beginner/All Levels
7:00-8:00pm	\$5 Friday [Drop-in only]	Eryn	Beginner/All Levels
Saturday	Class	Instructor	Level
9:00-10:00am	Yoga For Hips	Eryn	Beginner/All Levels
10:30-11:30am	Hatha	Eryn	Beginner/All Levels

Sunday	Class	Instructor	Level
10:30-11:30am	Deep Stretch [Yin Yoga]	Jessica	Beginner/All Levels
4:15-5:15pm	Hatha	Eryn	Beginner/All Levels
*Please note that pre-registration for these courses is required. Students may attend as a drop-in or using their class package with space permitting.			