

108 yoga



www.108yoga.ca

902-449-0108

MONDAY

9:30 - 10:30 am	Hatha
12:10 - 12:55 pm	emPower
5:10 - 6:10 pm	emPower
6:30 - 7:30 pm	Release

TUESDAY

6:15 - 7:15 am	Awake
12:10 - 12:55 pm	Core
5:30 - 6:45 pm	Tantra Hatha

WEDNESDAY

9:30 - 10:30 am	Strenght & Length
12:10 - 12:55 pm	Strength & Length
5:10 - 6:10 pm	Foundations
6:30 - 7:45 pm	Flow & More

THURSDAY

6:15 - 7:15 am	Awake
12:10 - 12:55 pm	emPower
5:30 - 6:45 pm	Strength & Length II

FRIDAY

9:30 - 10:30 am	Flow & More
12:10 - 12:55 pm	Flow
5:10 - 6:10 pm	Flow

SATURDAY

8:45 - 9:45 am	Flow
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SUNDAY

4:30 - 5:30 pm	Core
5:45 - 6:45 pm	Yoga Nidra