



BEDFORD SCHEDULE

650 Nine Mile Drive
shantihotyoga.ca

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		Morning Flow (60)					
9:00AM	Vinyasa (60)	Form & Flow (60)	All Levels (60)	Vinyasa (60)	All Levels (60)	All Levels (60)	Form & Flow (60)
9:30AM		Womens Only All Levels (60)					
12:05PM	All Levels (50)	Form & Flow (50)	All Levels (50)	All Levels (50)	Power Flow (50)	Vinyasa (60) -12pm start	Form & Flow (60) -12pm start
4:30PM	All Levels (60)		Vinyasa (60)		All Levels (60)		Yinyasa (75)
5:30PM		Vinyasa (60)		All Levels (60)			
6:30PM	All Levels (60)		Yin (90)		Vinyasa (60)		Yoga For The People (60)
7:00PM		All Levels (60)		Vinyasa 2 (90)			
8:30PM	All Levels (60)		Power Flow (60)				

-Yoga for the People is by donation only (suggested \$5)

-Lunch time classes Monday-Friday \$9 SPECIAL

-Reduced heat options: Form & Flow, Yinyasa. Unheated options: Vinyasa 2, Yin