

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|---|---|--|
| | 7:00 am - 8:00 am Hatha All-Levels | | 7:00 am - 8:00 am Hatha All-Levels | | | |
| 10:00 am - 11:15 pm Power/Yin Yoga | | 10:00 am - 11:15 am Power/Yin Yoga | | 10:00 am - 11:30 am Hatha All Levels (Anusara-Inspired) | 9:30 am - 11:00 am YinYoga | 10:00 am - 11:30 am HotYoga |
| | 12:00 pm - 1:00 pm Hatha All-Levels | | 12:00 pm - 1:00 pm Hatha All Levels (Anusara-Inspired) | 12:00 pm - 1:00 pm HotYoga | 11:30 am - 1:00 pm HotYoga | |
| 2:00 pm - 3:00 pm Gentle Yoga | | 2:00 pm - 3:00 pm Gentle Yoga | | | Workshops & Events* *Visit happytreeyoga.com | |
| 4:30 pm - 5:45 pm Yin Yoga | 4:30 pm - 5:45 pm Anusara Flow (Anusara-Inspired) | 4:30 pm - 5:45 pm YinYoga | 4:30 pm - 5:45 pm HotYoga | 4:30 pm - 5:45 pm Hatha All-Levels | 5:00 pm - 6:15 pm Hatha All-Levels | 4:30 pm - 6:00 pm Hatha All Levels |
| 6:15 pm - 7:45 pm HotYoga | 6:15 pm - 7:45 pm Hatha All-Levels (Anusara-Inspired) | 6:15 pm - 7:45 pm HotYoga | 6:15 pm - 7:45 pm YinYoga | 6:15 pm - 7:15 pm Guided Visualisation & Meditation | | 6:15 pm - 7:45 pm Restorative Yoga |
| 8:00 pm - 9:00 pm Hot Yoga | 8:00 pm - 9:00 pm Yin Yoga | 8:00 pm - 9:00 pm HotYoga | 8:00 pm - 9:00 pm HotYoga | | | |

 Free for cancer patients of all ages
Sponsored by Cedars Cancer Institute (CanSupport)  and HappyTree Yoga

 Pre-registration is required.

 Heated room

SPECIAL FOR NEW MEMBERS:

Get your first 3 months of unlimited yoga for \$190 + tax.*

*No refunds, exchanges, extensions or holds will be given on any "First 3 Month Specials" under any circumstances.