

| Time                                                                                                                                                                                                                                                                                    | Monday                                          | Tuesday                   | Wednesday                                                      | Thursday                                                        | Friday                          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|---------------------------|----------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------|
| 11:15<br>12:05                                                                                                                                                                                                                                                                          | Pilates & Body Rolling with Small Props (Amari) |                           |                                                                | Pilates & Body Rolling with Small Props (Amari)                 |                                 |
| 12:15<br>1:05                                                                                                                                                                                                                                                                           |                                                 | Vinyasa Flow Yoga (Clare) |                                                                | Level 2 - Pilates & Body Rolling with Small Props (Amari) *NEW* | Vinyasa Flow Yoga (Clare) *NEW* |
| 4:45<br>5:35                                                                                                                                                                                                                                                                            |                                                 | Yoga Pilates Flow (Amari) | Sitka SunRun INTraining 5:15pm (Jan 18-Apr 11) *PreRegistered* | Pilates & Body Rolling with Small Props (Amari)                 |                                 |
| 5:50<br>6:50                                                                                                                                                                                                                                                                            | Vinyasa Flow Yoga (Clare)                       |                           | (5:50 - 6:40) Pilates & Body Rolling with Small Props (Amari)  |                                                                 |                                 |
| ONE-ON-ONE YOGA + REFORMER PILATES AVAILABLE<br>(scheduled on an individual basis - call 604-558-2222)                                                                                                                                                                                  |                                                 |                           |                                                                |                                                                 |                                 |
| <p>We offer 3 different pricing options:</p> <p>8 weeks continuous pre-registered classes, \$96+tax (\$12/class)</p> <p>10 class punch card, choose your dates/classes, \$135 + tax (\$13.50/class) *3 month expiry</p> <p>Drop-in \$15+tax (phone morning of to secure your place)</p> |                                                 |                           |                                                                |                                                                 |                                 |