

SPRING 2019

DROP IN CLASS LIST

University of Alberta Hospital

Karma Yoga - Mondays from 12:05pm to 12:55pm (NO CHARGE)
Instructor: Joan

Indoor Boot Camp - Tuesdays from 6:30am to 7:30am
Instructor: Mary

Strength & Conditioning Special - Tuesdays from 4:05pm to 4:55pm
Instructor: Lenore

Happy Hour Yoga - Tuesdays from 4:30pm to 5:30pm
Instructor: Kelsey

Shift Into Yoga - Wednesdays from 12:05pm to 12:55pm
Instructor: Melanie

Pedal On - Thursdays from 12:05pm to 12:55pm
Instructor: Lenore

PM Restorative Yoga - Thursdays from 4:30pm to 5:30pm
Instructor: Melanie

This Gets Intense Friday - Fridays from 12:05pm to 12:55pm
Instructor: Kevin

DROP IN - \$10 per class
OR

DROP IN PASSES
(4 Drop In - \$36 or 8 Drop In - \$64)



April 1st to June 21st, 2019