

SUMMER 2019

DROP IN CLASS LIST

University of Alberta Hospital

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

A HIIT before Noon - Mondays from 11:30am to 12pm
Instructor: Breanne

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

Interval Conditioning - Wednesdays from 11:15am to 12pm
Instructor: Breanne

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

DROP IN - \$10 per class

OR

DROP IN PASSES

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



July 8th to August 16th, 2019