



889 Yonge

Studio Schedule

January 4th – April 4th, 2010

Visit 889yonge.com for the most up-to-date yoga schedule & workshop dates (including Beginner Yoga).

Please arrive ten minutes prior to class.

- Slower paced
- Dynamic & Empowering
- Challenging & Intense

MONDAY	CLASS	TEACHER
12:30pm – 1:30pm	Yin Yoga	Leo Hauer
12:30pm – 1:30pm	Vinyasa Flow	Madelaine Cote
5:45pm – 7:00pm	Fundamental Flow	Kim McBean
5:45pm – 7:00pm	Ashtanga Current	Marla Joy
7:15pm – 8:30pm	Vinyasa Flow	Scott Petrie
7:15pm – 8:30pm	Restorative Yoga	Kim McBean
TUESDAY		
12:30pm – 1:30pm	Yin/Yang	Lisa Barkin
12:30pm – 1:30pm	Detox Flow (HOT!)	Tracey Soghtrati
5:30pm – 6:45pm	Ashtanga Current	Natasha Wright
7:00pm – 8:15pm	Fundamental Flow	Jennifer Findlay
8:30pm – 9:45pm	Candlelight Flow	Jennifer Findlay
WEDNESDAY		
7:00am – 8:00am	Early Bird Yoga	Natasha Wright/Lisa Barkin
9:30am – 10:45am	Gentle Fundamental Flow	Lisa Mitchell
12:30pm – 1:30pm	Ashtanga Current	Marla Joy
5:45pm – 7:00pm	Yin Yoga	Leo Hauer
5:45pm – 7:00pm	Fundamental Flow	Tiffany Merritt
7:15pm – 8:30pm	Detox Flow (HOT!)	Natasha Wright
THURSDAY		
9:30am – 10:45am	Vinyasa Flow	Tiffany Merritt
12:30pm – 1:30pm	Mandala Flow	Jennifer Findlay
5:30pm – 7:00pm	Detox Flow (HOT!)	Jennifer Findlay
7:30pm – 8:45pm	Rhythmic Flow	Kim McBean
FRIDAY		
12:30pm – 1:30pm	Detox Flow (HOT!)	Cecily Milne
5:30pm – 6:45pm	Athlete Flow	Jen Fazari
5:30pm – 6:45pm	Fundamental Flow	Scott Petrie
7:00pm – 8:30pm	Pranification Fridays!	Special each week!
SATURDAY		
9:00am – 10:15am	Ashtanga Current	Cecily Milne
9:00am – 10:15am	Fundamental Flow	Jen Fazari
11:30am – 12:45pm	Vinyasa Flow (Brunch!)	Jennifer Findlay
3:00pm – 4:15pm	Recharge Restore	Kim McBean
SUNDAY		
10:30am – 11:45am	Fundamental Flow	Natasha Wright
12:00pm – 1:15pm	Vinyasa Flow (Brunch!)	Tiffany Merritt