



# 889 Yonge

## Studio Schedule

### July 6th - September 6th

Visit [889yonge.com](http://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
5:45pm – 7:00pm	Fundamental Flow	Kim McBean
5:45pm – 7:00pm	Ashtanga Current	Marla Joy
7:15pm – 8:30pm	Fundamental Flow	Scott Petrie
7:15pm – 8:30pm	Detox Flow (85°F+)	Kim McBean
<b>TUESDAY</b>		
9:30am – 10:45am	Vinyasa Flow	Jen Fazari
5:30pm – 6:45pm	Ashtanga Current	Natasha Wright
6:30pm – 7:45pm	Fundamental Flow	Jennifer Findlay
8:00pm – 9:15pm	Candlelight Flow	Jennifer Findlay
<b>WEDNESDAY</b>		
7:00am – 8:00am	Early Bird Yoga	Natasha Wright
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 (85°F+)	Natasha Wright
<b>THURSDAY</b>		
9:30am – 10:45am	Vinyasa Flow	Tiffany Merritt
12:30pm – 1:30pm	Mandala Flow	Jennifer Findlay
5:30pm – 6:45pm	Vinyasa Flow	Jennifer Findlay
6:30pm – 7:45pm	Fundamental Flow	Kim McBean
8:00pm – 9:15pm	Candlelight Flow	Kim McBean
<b>FRIDAY</b>		
12:30pm – 1:30pm	Detox Flow (85°F+)	Kim McBean
5:30pm – 6:45pm	Athlete Flow	Jen Fazari
5:30pm – 6:45pm	Fundamental Flow	Scott Petrie
<b>SATURDAY</b>		
9:00am – 10:15am	Fundamental Flow	Jen Fazari
11:30am – 12:45pm	Vinyasa Flow (Brunch!)	Jennifer Findlay
3:00pm – 4:15pm	Fundamental Flow	Kim McBean
<b>SUNDAY</b>		
10:30am – 11:45am	Fundamental Flow	Natasha Wright
12:00pm – 1:15pm	Vinyasa Flow (Brunch!)	Tiffany Merritt