



**IN THE SPIRIT**  
Yoga Studio & Wine Lounge

**YOGA SCHEDULE EFFECTIVE APRIL 26, 2024**

376 Old Kingston Rd., Highland Creek Plaza, M1C 1B6 Phone: 647-352-4879

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM MEDITATION	9:00 - 10:00		8 AM MEDITATION		8 AM MEDITATION	
<b>LIVE &amp; ONLINE</b>	LISA	<b>ALL MORNING YOGA CLASSES MONDAY THRU SUNDAY ARE BOTH LIVE &amp; ONLINE</b>				
9:00 - 10:00 RAMONA Hatha 1	Gentle Hatha	9:00 - 10:00 RAMONA Hatha 1	9:00 - 10:00 CHANTAL Gentle Hatha	9:00 - 10:00 CHANTAL Hatha 1	9:00 - 10:00 RAMONA/LISA Rise, Reflect & Revise	9:00 - 10:00 AUDREY Rise, Reflect & Refresh
10:15 - 11:15 RAMONA Gentle Hatha	Tune up Tuesday	10:15 - 11:15 RAMONA Gentle Hatha	<b>SERIES LIVE ONLY</b>	10:15 - 11:15 CHANTAL Gentle Restorative	10:15 - 11:00 RAMONA/LISA HIIT Pilates	10:15 - 11:15 AUDREY Yin with Reiki
<b>LIVE &amp; ONLINE</b>	**ThaiYin Restorative April 9,16, May 7,14	<b>LIVE &amp; ONLINE</b>	**Intermediate Chair Yoga April 25 - May 30	<b>LIVE &amp; ONLINE</b>		<b>LIVE &amp; ONLINE</b>
4:30 - 5:30 RAMONA Hatha	<b>BOTH SERIES LIVE ONLY</b>	11:30 - 12:30 STEPHANIE Yin Yoga		11:30 - 12:30 STEPHANIE Yin Yoga		11:30 - 12:30 RIEZA Zumba
<b>LIVE &amp; ONLINE</b>	12:45 - 1:45 **Chair Yoga Beginners May 7 - June 11	<b>LIVE &amp; ONLINE</b>				
5:45 - 6:45 RAMONA Restorative	<b>LIVE &amp; ONLINE</b>	5:00 - 6:00 AMANDA Hatha 1	<b>LIVE &amp; ONLINE</b>	<b>LIVE &amp; ONLINE</b>		
<b>LIVE &amp; ONLINE</b>	5:00 - 6:00 TARA - Gentle Yoga	<b>LIVE &amp; ONLINE</b>	5:00 - 5:45 RAMONA HIIT Pilates	5:00 - 6:00 AMANDA Hatha		
7:15 - 8:15 CHANTAL Gentle Hatha	<b>LIVE ONLY</b>	6:15 - 7:15 AUDREY Movement & Meditation	<b>LIVE &amp; ONLINE</b>	6:15 - 7:15 AMANDA Restorative		
	6:15 - 7:15 TARA Restorative with Reiki	CURVES/AUDREY	6:15 - 7:15 CHANTAL Gentle Hatha			
<b>GUIDE:</b>	Gentle / Learn	RSVP Series	Restorative/YIN	"Energy Yoga"	Intermediate	
STORE OPEN	STORE OPEN	STORE OPEN	STORE OPEN/LOUNGE	STORE OPEN	STORE OPEN	STORE
10 AM - 6 PM	10 AM - 6 PM	10 AM - 6 PM	10 AM - 9 PM / 6 - 9 PM	10 AM - 6 PM	10 AM - 3 PM	CLOSED