



Weekly Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Hot class	Regular class	Hot class	Regular class	Hot class	Regular class	Hot class	Regular class	Hot class	Regular class	Hot class	Regular class	Hot class	Regular class
		6:30 am (60 min) HF All Levels				6:30 am (60 min) HF All Levels							
8:30 am (60 min) Warm Fusion		8:30 am (60 min) Hot Pilates		8:30 am (60 min) Warm Flow All		8:30 am (60 min) Hot Pilates		8:30 am (60 min) Warm Fusion		8:30 am (60 min) Hot Hatha		8:30 am (60 min) Hot Flow1-2	
10 am (75 min) WF 1		10 am (75 min) Hot Flow 1-2	11:30 am (60 min) Gentle yoga + Meditation	10 am (75 min) Warm Hatha		10 am (90 min) Hot Flow 1-2	11:00 am (75 min) Flow & Restore	10 am (75 min) Warm Hatha		10 am (75 min) HF 1-2	10:15am* (60 min) Core flow	10 am (75 min) Hot Hatha	
12 pm (60 min) Hot Hatha \$10	1:30 pm (60 min) Yoga + Meditation	1 pm (60 min) HF 1-2		12 pm (60 min) Warm Pilates				12 pm (60 min) Warm Pilates		11:30 am (60 min) HF 1	12:30 (60 min) Hatha	11:30 am (60 min) Hot Pilates	11:45 am* (60 min) Flow
						1:00 pm (60 min) Hot Hatha		2:00 pm Warm Flow 1/2		1:00 pm (75 min) HF all levels	2 pm* (60 min) Beginner Yoga	1 pm (75 min) Hot Flow 1	
4 pm (60 min) Warm Hatha		4:00 pm (60 min) HF 1		4:00 pm (60 min) HF All levels		4 pm (60 min) Hot Body Tone		4:00 pm (75 min) HF 1-2		4:00 pm (60 min) Hot Body Tone	3:30 pm * (75 min) Restorative	3:00 pm (60 min) Hot Hatha	
5:30 pm (60 min) HF 1	6 pm (60 min) Beginner Yoga	5:30 pm (60 min) Hot Hatha	6 pm (60 min) Hatha	5:30 pm (75 min) HF 1-2	6 pm Prenatal (pre-register)	5:30 pm (60 min) Hot Foundations		5:30 pm (60 min) HF 2	6 pm (75 min) Flow & Restore	5:30 pm (60 min) Hot Hatha		5 pm (75 min) HF 1-2	5:30 pm (75 min) Restorative
7 pm (75 min) HF 1-2	7:15 pm (75 min) Flow 1-2	7:00 pm (60 min) HF 1/2	7:15 pm (75 min) Restorative	7 pm (75 min) Fusion	7:30 pm (75 min) Flow + Restore	7 pm (75 min) HF 1-2	6:30 (60 min) Hatha	7 pm (60 min) Hot Hatha				7 pm (75 min) Yin/Yang (warm)	7:15 pm (75 min) Restorative + Meditation
8:30 pm (60 min) Hot Body Tone	8:45 pm (60 min) Hatha	8:15 pm (75 min) Fusion	8:45 pm (60 min) Flow	8:30 pm (60 min) Hot Hatha		8:30 pm (75 min) Yin+ Meditation	7:45 pm (45 min) Meditation						

*Not offered every week. Check online schedule. Note: HH = Hot Hatha, HF = Hot Flow, WF = Warm Flow. Please arrive 10 minutes early.



Schedule is subject to change. Online schedule is updated regularly. Please check online for holiday cancellations. Last update: Jan 12, 2019.
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