



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8 Darnell 10 Darnell 12 Jian *	2 630 Maryday 🎵* 930 Maryday 1230 Lyn *	3 630 Yancey A* 930 Amanda PF 1230 Amanda * 200 Jenny CC*	4 630 Yancey A* 930 Susan Y 1230 Denise *	5 630 Yancey A* 930 Kerry PF 1230 Kerry * 200 Michael CC*	6 630 Danny * 930 Danny 1230 Jen HF*	7 8 Bonnie 10 Bonnie 12 Bonnie *
130 Eric A-L1 330 Jackie 530 Angela CC* 700 Lyn M/Y	430 David 630 David 830 Eric A-L1	430 Christina 630 Christina 830 Christina *	430 Maryday 630 Jackie 830 Jackie *	430 Sabrina 630 Hera 830 Hera *	430 Darnell 630 Shirley 830 Shirley K*	130 Susan Y 330 Susan P 515 Maryann HP
8 8 Christina 10 Christina 12 Christina *	9 630 Christina 🎵* 930 Christina 1230 Christina *	10 630 Yancey A* 930 Amanda PF 1230 Amanda * 200 Jenny CC*	11 630 Yancey A* 930 Susan Y 1230 Denise *	12 630 Yancey A* 930 Kerry PF 1230 Kerry * 200 Michael CC*	13 630 Danny * 930 Danny 1230 Jen HF*	14 8 Maryday 10 Maryday 12 Maryday *
130 Eric A-L1 330 Shirley 530 Angela CC* 700 Lyn M/Y	430 Shirley 630 Shirley 830 Eric A-L1	430 Maryday 630 Maryday 830 Maryday *	430 Darnell 630 Darnell 830 Darnell *	430 Carolyn 700 Hip Hop Yoga Workshop (2 hrs)	430 Jackie 630 Sabrina 830 Sabrina K*	130 Susan Y 330 Susan P 515 Maryann HP
15 8 Christina 10 Christina 12 Christina *	16 630 Maryday 🎵* 930 Maryday 1230 Maryday *	17 630 Yancey A* 930 Amanda PF 1230 Amanda * 200 Jenny CC*	18 630 Yancey A* 930 Susan Y 1230 Denise *	19 630 Yancey A* 930 Kerry PF 1230 Kerry * 200 Jenny CC*	20 630 Danny * 930 Danny 1230 Jen HF*	21 8 Bonnie 10 Bonnie 12 Bonnie *
130 Eric A-L1 330 Shirley 530 Michael CC* 700 Lyn M/Y	430 Darnell 630 Darnell 830 Eric A-L1	430 Shirley 630 Shirley 830 Jackie *	430 David 630 David 830 David *	430 Shirley 630 Hera 830 Hera *	430 Lyn 630 Jian 830 Jian K*	130 Susan Y 330 Susan P 515 Maryann HP
22 8 Annie 10 Annie 12 Annie *	23 630 Christina 🎵* 930 Christina 1230 Lyn *	24 630 Yancey A* 930 Amanda PF 1230 Amanda * 200 Jenny CC*	25 630 Yancey A* 930 Susan Y 1230 Darnell *	26 630 Yancey A* 930 Kerry PF 1230 Kerry * 200 Michael CC*	27 630 Danny * 930 Danny 1230 Jen HF*	28 8 Michelle 10 Michelle 12 Shirley *
130 Eric A-L1 330 Darnell 530 Angela CC* 700 30 Day Challenge Party!!	430 David 630 David 830 Eric A-L1	430 Maryday 630 Maryday 830 Maryday *	430 Christina 630 Jackie 830 Jackie *	430 Sabrina 630 Hera 830 Hera *	430 Sabrina 630 Sabrina 830 Darnell K*	130 Susan Y 330 Susan P 515 Maryann HP
29 8 Jian 10 Jian 12 Annie *	30 630 Maryday 🎵* 930 Maryday 1230 Lyn *					
130 Eric A-L1 330 Darnell 530 Angela CC* 700 Lyn M/Y	430 Christina 630 Christina 830 Eric A-L1					

All classes that do not have a letter or asterisk next to them are a regular 90 minute Moksha hot yoga class, except for Mon-Fri at 6:30pm which are now 75 min classes. Ashtanga Level 1 on Monday nights at 8:30pm are 75 minutes.

* - Moksha Flow - A flowing 60-minute version. Good for those on the go!

A - L1 - Level 1 Ashtanga - A level 1 Ashtanga class focusing on building upper-body strength, hip opening, and core. Reduced heat.

A* - Ashtanga - A 60 minute Ashtanga class for those on the go! Reduced heat.

HF - Hatha Flow - Take a break from the Moksha series. A hot yoga class with something new each week. **Not suitable for beginners.**

Y - Yin yoga - 90 minute reduced heat, a restorative, deep tissue stretching class.

K - Karma - A 60 minute Moksha class where all of the proceeds are donated to charity. Minimum \$7 donation. Packages do not apply.

🎵 - A Moksha class done to music. No instruction provided. **Not suitable for beginners.**

PF - Power Vinyasa Flow - Inspired by Baron Baptiste - An intermediate practice that connects movement with breath done in a heated room. **Not suitable for beginners.**

CC - Community Class - A 60 minute class taught by a new teacher needing some practice and experience leading a class through the Moksha series. You are welcome to give the new teacher **constructive** feedback on what they should work on after the class. \$7/class, or you can use your package.

HP - Hot Pilates - A 60 minute Pilates class done in a heated room. Suitable for all levels.

P - Prenatal - A 75min prenatal yoga class good for those in all trimesters. Regular packages do not apply.

M/Y - Meditation/Yin - This is a 2 hour Meditation & Yin yoga class focusing on breathing techniques, meditation, with some restorative deep tissue stretching. Reduced heat. This class is on a dhana basis where you can pay any donation amount. **Suitable for all levels.** Please wear comfortable clothing and bring a pillow, cushion or blanket to sit on.

Hip Hop Yoga Workshop - We are very excited to welcome Philly D, co-owner of Moksha Yoga Winnipeg, to our studio to lead this workshop. This 2 hour workshop brings together Philly D's passion for positive thought, positive music and positive movement...did we mention it's positive. We will high-five, we will move in & out of postures with a little swagger, and above all else we will create more peace in the world! Pre-registration is required. Cost for this workshop is \$30 per person.